

BASED ON THE TEACHINGS FROM IYCS: "AUDIO FLASH FILES #1, EPISODE 43

Invisi Youth

DIGITAL LIFE

GUIDESHEETS



THRIVING KNOWLEDGE FROM "SERENITY WITH JUST
A SPLASH OF HAPPY" IS IN THESE DIGITAL PAGES.



Invisi Youth DIGITAL LIFE GUIDESHEETS

VOLUME 1, FROM EPISODE 43

"AUDIO FLASH FILES: SERENITY IS THE NEW HAPPINESS"

SERENITY > HAPPINESS, SAY WHAT!

peak emotions are like happiness and sadness, so they're meant to come and go, not sustain.

With chronic illness/disability oftentimes causing sporadic changes in daily life, it's important for the stability, the peacefulness to be priority...and that is the definition of serenity.

In a state of serenity, you choose to experience the good and bad knowing they are temporary and you are **returning to a baseline of serenity, instead of chasing happiness.**

Tangible reminders to take into every new day

- Most empowered mindset is to embrace the goodies and know your capability to tackle the challenges life with chronic illness & disability can bring because you are taking the pressure off needing to always be happy.
- Your support network can help create micro-waves of serenity and take small pressures off your plate, or remind you of happy answers.

THE BENEFITS OF THE BOBBING BUOY THEORY IN ACTION

This evolving way of living daily life lets you discover how to find your tranquil and untroubled mindset through your fav relaxer and joyful activities.

It lets you experience all the feels, even if you don't always like them, because you are 'buoying' through the peaks and valleys and never fully submerging..



Invisi Youth

DIGITAL LIFE GUIDESHEETS

VOLUME 1, FROM EPISODE 43

"AUDIO FLASH FILES: SERENITY WITH JUST A SPLASH OF HAPPY"

LEARN TO GROW...BUT MAKE IT VISUAL

FIND YOUR PERSONALIZED STATE OF SERENITY BY REMEMBERING YOU WILL BOUNCE BACK LIKE A BUOY THROUGH ANY RESPONSES AND EMOTIONS IN LIFE.

happiness

excitement

joyfulness

melancholy

frustration

sadness

disarray



THINK:

life is an ocean of experiences and if you focus on keeping a state of serenity, and refuse to chase happiness, you can expand your strength. Bob in the emotional food chain, but remember you'll return to your balanced-center... SERENITY and enjoy life the most.



InvisiYouth

DIGITAL LIFE GUIDESHEETS

VOLUME 1, FROM EPISODE 43

"AUDIO FLASH FILES: SERENITY IS THE NEW HAPPINESS"

BE A REBEL... BUT FOLLOW SOME PROMPTS

Gather a set of quick relaxers that are there on the ready. Your choices are anything based on interests, location and health situation.

Turn your subconscious off twice a day for 5-10 minutes and after a few weeks, you'll create a current of peace...serenity.

In moments of lulls or unhappiness, ask yourself two questions:

1. Can I really control this situation?
2. Is it solely my duty to fix it?

When you bob into the lows: feel it fully for an "Adele 15" (aka: 15 minutes max) but when time's up, go back to serenity because you've acknowledged your authentic feels.

When you bob into the highs: embrace the happiness! Smile, laugh, write it down, take a photo! Soak up the euphoria but don't dwell on when it simmers. That's biologically natural!

KEY: invisiyouth spectrum when you try the theory, you can fall anywhere on the spectrum. give it a try, and see where you land.

fully agree



not for me

REMINDERS TO HELP OUR NONPROFIT OUT:



LIKE FOR THE PRESENT



SAVE FOR THE FUTURE



LISTEN TO OUR PODCAST



SUBSCRIBE TO OUR CHANNEL



SHARE OUR GUIDESHEET

Reminder that InvisiYouth Charity is a lifestyle improvement and empowerment nonprofit, not a medical treatment organization. Any suggestions or advice that can impact health must be discussed with your individual healthcare professionals with knowledge of your medical history.