

State vs Story: Questions from our Audience

On this 6th episode of How We Heal, we are answering some questions from our audience on our topic of “State vs Story”. Tune in as we explore these questions on where we go after identifying our states and how we can actually use this to change our state and keep our nervous system from feeling unsafe.

Follow us on Instagram @howwehealpodcast to send in your questions and stay updated on new content!

Watch this episode on YouTube and subscribe!

To learn more about each of our practices, visit our websites!

Lauren’s Practice

Maegan’s Practice

Cameron’s Practice

—

Send in a voice message: <https://anchor.fm/how-we-heal/message>