## State vs Story

Listen in on this episode of How We Heal as we explore the idea of your current state of being versus the story surrounding your state, or why the state is the way it is. Learn with us as we explore how we can truly understand the difference between the two when unsafe feelings occur in our autonomic nervous system.

To learn more about your hosts and more How We Heal content, follow our Instagram page @howwehealpodcast

To hear more podcasts and more about gemmotherapy, visit my website at laurenhubele.com

\_

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