

Life as a BEACHBALL - How do you roll? Can you bounce back?

A perfectly inflated beach ball....

It absorbs blows, it yields, it springs forth.

It bounces easily to the next thing.

It has flexibility and resiliency.

It returns to its original shape.



If we roll it across a mostly smooth floor,
it might bump a little off pebbles or fuzzies,
but it would stay on its intended course.

But stressed out, too full or too flat, a beach ball reacts
much like the a stressed a human could be described.
Visualize with me the parallels with stages of health:

Overinflated, a beachball could burst.

It has too much, is stretched too thin, is living too big.

It bounces off the walls with excitement, less control.

Tiny obstacles send it careening off course.

At risk for catastrophic popping, it must be deflated.

Under inflated or leaking, a beachball thirsts.

It thuds, hardly bouncing, it isn't as fun.

It gets stuck on specks of dust. It stops rolling.

It loses its shape, it loses its identity.

It cannot keep up with replenishment or repair.

**You might. It takes work, new thinking. Seek paths
back to your original shape and bounce. Fill roles
with healing. A balanced boundary is recoverable.**