



# Eye of the Storm

Finding Peace Amidst Chaos

Mastering the deep spaces, hard  
places, and chaos in life.

with Deanna Stull, PCC

# My Why...

**T**

he entirety of the past ten years of my life have brought me to this moment and this class.



I was an expert at avoiding the challenging parts of life until the universe handed them to me on a silver platter when my partner was diagnosed with leukemia ten years ago in May, 2010. I handled everything and failed simultaneously. I over-performed, I didn't ask for help, I didn't look for support, and I shared very little with very few. I ended up with a PTSD diagnosis and some intense health challenges brought on by stress.

After my partner's death, I fell apart. In the falling apart, I found a new way of being. I became an open book, more vulnerable than ever in my life. I journaled grief on Facebook for the whole world to read. I started talking about the things most wanted to avoid, and I did it regularly. I began coaching adults with histories of abuse. I became a hospice coach to the dying. I took up residence in the deep spaces with a resolve to change them.

Which is why we are here, now. I want to teach as many as I can how to handle all that life may hand us, with as much grace and ease as possible. I am here as your sherpa of the dark recesses of life, to guide you, but also to bring light. These harder moments can also be profoundly beautiful, and I am hoping that opening up the discussion about how to see them, how to coach them, and how to master them will lead you to a sense of peace and certainty in even the dark night of the soul.

Take my hand, my friend, as we step into a room with all the things we've been too fearful of exploring.

I am with you,  
Deanna

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# Eye of the Storm Syllabus – CLASS ONE

**Why people resist discussing the deep spaces in life.**

**You. Who you are in the challenge and chaos.**

- Your Story & Your Bias
- Your Capacity & Your Resiliency
- Your Presence

**Begin the conversation around your restorative practices to support this deeper work.**

- Meditation
- Gratitude Practice
- Self Care

**Introduction of Storming® Methodology.**

**Storming Methodology®- Step One.**

Establishing Safe Space. Understanding Story. The Science of Resiliency.

**Storming Methodology®- Step Two.**

Trust. Truth. Time.

**Storming Methodology®- Step Three.**

Orientation. Overwhelm. Options.

**Storming Methodology®- Step Four.**

Resiliency & Restoration. Rumination. Redemptive Assistance.

**Storming Methodology®- Step Five.**

Mourning. Movement. Meaningful action.

**Storming Methodology®- Step Six.**

Inspiration. Influences. Inquiry.

**Storming Methodology®- Step Seven.**

Needs. Neuroplasticity.

**Storming Methodology®- Step Eight.**

Growth. Greatness. Gratitude.

**Coaching Guide Review**



# Eye of the Storm Syllabus – CLASS TWO

## **Storming Methodology®- Step One.**

### **Establishing Safe Space. Understanding Story. The Science of Resiliency/Fear/Trauma.**

#### **Establishing Safe Space.**

- Permission Space.
- `Profound Belonging
- Profound Neutrality.

#### **Understanding Story: Discovering your client's story in challenge, Looking for: Past patterns.**

- Do they feel capable?
- What do they tell themselves about the challenge, the deep spaces and who they are?
- What are the deep spaces teaching them about who they are?
- How does your story about challenge impact how you coach?

#### **Science and Current Research of Resiliency, Fear and Trauma.**

- Introduction to the science of happiness and Resilancy,
- The science of trauma.
- The origins of fear and its root in the amygdala.
- Post Traumatic Stress Disorder versus Post Traumatic Growth



# Eye of the Storm Syllabus – CLASS THREE

## **Storming Methodology®- Step Two.**

### **Trust. Truth. Time.**

#### **Establishing Trust.**

- Profound Neutrality.
- Do they feel capable?
- What is below the facade?
- Empath versus Sympathy.
- White Knight Syndrome.
- How does your self-trust impact how you coach?

#### **Establishing the Truth of what is.**

- Mindfulness
- Empathy versus Sympathy
- Over Reaction/Reaction/Response and how over response can be harmful.
- Hypervigilance/PTSD/Depression/Anxiety
- Profound Neutrality, revisited.

#### **Time.**

- Time in the middle of chaos.
- What is possible, right now?
- Adapting life to what is, time changes in chaos, how do you keep up?
- What are the deep spaces teaching them about who they are?



# Eye of the Storm Syllabus – CLASS FOUR

## **Storming Methodology®- Step Three.**

### **Orientation. Overwhelm. Options.**

#### **Orientation.**

- Fixed versus Growth Mindset.
- Strengths or Weaknesses?
- Over-performer or under-performer?
- Empath versus Sympathy.
- White Knight Syndrome.
- How does your orientation impact how you coach?

#### **Coaching The Overwhelm in Chaos.**

- Fight, Flight. Freeze. The limbic system in chaos.
- Empath versus Sympathy
- Over Reaction/Reaction/Response and how over response can be harmful.
- Hypervigilance/PTSD/Depression/Anxiety
- Survival intention versus reasonable fear.

#### **Options:**

- Fear creates tunnel vision, how do you expand to include the all of the experience.
- Black/White, Right/wrong thinking and embracing the middle way.
- Who is available for neutral support. What is Neutral support?



# Eye of the Storm Syllabus – CLASS FIVE

**Storming Methodology®- Step Four.**

**Resilancy & Restoration. Rumination. Redemptive Assistance.**

**Resilency and Restorative Practices.**

- Where are they now? What is there state of resiliency.
- How to increase resiliency?
- Mediation and its impact of mind, body, spirit
- Revisiting Gratitude Practice.

Restorative practice during high stress moments.

**Rumination and why its so dangerous and what is the alternative.**

- Rumination, definition and understanding.
- Catastrophizing.
- Monkey Mind, fatigue and brain fog.

**Redemptive Assistance:**

- Creating and day plan and w week plan..
- When habit, structure and to-do lists are positive and necessary.
- Relationship environment assessed, roles understood.
- Redemptive partner or group.



## Eye of the Storm Syllabus – CLASS SIX

### **Storming Methodology®- Step Five.**

#### **Mourning. Movement via meaningful action.**

##### **Mourning:**

- Grief is a part of most significant chaotic moments.
- Getting clear about the loss, it's not always the obvious.
- There is no normal in grief. Time, structure and linear thinking may not exist, so how do you coach this space?
- Empath versus Sympathy, revisited.
- Assumptive Assistance, what is it and why is it so challenging..
- Is the language of "new normal helpful or harmful?
- How do your biases about grief impact how you coach?

#### **Movement via meaningful action.**

- Over Reaction/Reaction/Response and how over response can be harmful.
- Hypervigilance/PTSD/Depression/Anxiety
- Survival intention versus reasonable fear.



# Eye of the Storm Syllabus – CLASS SEVEN

## **Storming Methodology®- Step Six.**

### **Inspiration. Influences. Inquiry.**

#### **Inspiration.**

- What gives them hope? What brings them back to calm?
- What are they inspired by?
- Soul Inspiration® and how to cultivate a place of peace within.

#### **Influences.**

- Who do they count on?
- The impact of chaos, challenge and messiness on relationships.
- Familial beliefs. Cultural Beliefs. Generational beliefs. Epigenetic Memory.
- Environmental Design.

#### **Inquiry.**

- When can you go deep?
- What role does powerful questioning play, when and where?
- Appreciative Inquiry.



# Eye of the Storm Syllabus – CLASS EIGHT

## **Storming Methodology®- Step Seven.**

### **Needs. Neuroplasticity.**

#### **Needs.**

This is a complex space in challenge. It subtle and loud, simultaneously, nuanced and deep.

- Processing Needs - Heirarchical Needs.
- Clarifier: Need or societal norm?
- Clarifier: Guilt or Need.
- The lose of choice and how it impacts expression of needs. Choice Fatigue.
- Requesting help, the challenge of requests.
- How the support team shows up and its influence on well being.
- The 2 am challenge.

#### **Neuroplasticity.**

- Awareness of past patterns.
- Path of least resistance, is it the path to choose?
- Habit versus meaningful action.



# Eye of the Storm Syllabus – CLASS NINE

## **Storming Methodology®- Step Eight.**

### **Growth. Greatness. Gratitude.**

#### **Growth.**

- Post Traumatic Growth.
- Embracing "becomings" in the mess of it all.

#### **Greatness.**

- The call within the chaos, finding yourself in the moments that bring you to your knees.
- The beauty of chaos and discomfort, how is it a teacher.
- Joy, perfection, and greatness in hard times.

#### **Gratitude.**

- Finding the shred of rightness.
- Relishing/Savoring the Moment.
- Gratitude Practice Revisited.
- Three Blessings.



# Eye of the Storm Syllabus – CLASS TEN

## **Review of methods and theory.**

### **What is next? How to start to grow this aspect of your practice.**

- Ethics
- Malpractice
- Lines between coaching and healing professions.

### **The Courage to weather the Storm.**

- From where does hope come?
- Life continues as usual for everyone else, how do you coach them to be in "regular life"
- The solitary feeling of the storm.
- Forgiveness.

### **Becoming The Eye, are you ready?**

- What are your fears?
- What is your biggest Challenge?
- Where is your support?

### **Open Q and A.**



# *Start Here*

This is where your journey begins.

Your exploration through guided journaling will give you a foundational understanding of who you've been in the storm so as we progress through this journey of the deep together you are transforming through experience.

Your understanding the concepts based on your own experience by being in them, even retroactively. You can not be a spectator of the storm, you are a witness and a guide who's own journey is important.



# *your story*

## *Learning from your Past*

Being deeply aware of our own experiences help us to stay in a space of neutrality when we are supporting others in the challenges of life.

Take some time to reflect on your most challenging life experience to date. If you could do anything differently what would it be? This is ONLY about your actions and your presence, the scenario would remain exactly as it was and you were different.



# *your story*

## *Learning from your Success*

In this challenging experience, where did you shine? What strengths did you rely on to get you through?

How did you show up well, centered, strong and authentic. What allowed you to be this in chaos?



# *Class One* *You.*

"We can only share deeply with someone  
who stand to bear the weight of our  
story."

Brene Brown

"The level of vulnerability in sessions will  
only ever be equal to your level of  
vulnerability in the world."

Deanna Stull.



# YOU.

Your ability to be empathetic is directly correlated to your level of vulnerability. Learning to be masterful in your own discomfort, uncertainty, and change is essential. Your experience and presence will reflect deeply here, gaining awareness about fears, bias and resistance is a necessary step to coaching/succeeding in these spaces.

**You can not be a knower here.  
You can not be a learner here.**

**You must be the voice in between.**

**What does this mean to you? Why do you think this is important?**

Welcome to the middle way, the third way, the grey spaces, the places in between, as a coach of the storm, you will spend a lot of time here. This is your home base; this is your solid foundation. This is where we bring what we know, what we don't know, and start to create the eye.

The eye of the storm is the center of a chaotic hurricane. It is the place of calm amid tornadic activity. As the messiness, fear, uncertainty, anger, shame, guilt, sorrow, rejection, loss, and rumination swirls around you, you create a space that is clear, supportive, loving, and always there.

Always there.



*I am  
with  
you.*

To create this calm center for another and NOT get caught up in their journey, pain, and fear, you have to look at your own patterns, beliefs, coping strategies, and actions when you are personally in the mess of it.

This part can be hard. But we will step into this hard space together, with arms locked and the willingness to see who we really are so we can impact others. Judgment free awareness is required here. Knowing is officially off-limits.

Instead, we come with one belief, one framework that will be the basis of everything we do from this point forward.

**I am with you.**



## I am with you.

What are your habitual responses to people sharing vulnerable moments or the deep spaces in life? Where did you learn to react or respond this way? What is this response teaching someone about the safety of sharing with you? Be truthful here, think about who you ARE, not who you hoped to be. There is importance in embracing what is, as we can all learn from your ways of being.

**“When we protect ourselves so we won't feel pain, that protection becomes like armor, like armor that imprisons the softness of the heart.”**  
- Pema Chodren

How do you respond when someone asks about you and your life challenge?



*notes*

A large, empty rectangular box with a thin black border, intended for taking notes.

# *Understanding resistance?*



Fears

Bias

Cultural - Generational - Familial

Beliefs

# *The Taboo conversations*

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## 1. Illness

## 2. Death

## 3. Grief

## 4. Infidelity

## 5. Breakups/Divorce

# *The Taboo conversations*

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## 6. Financial Challenge

## 7. Family Challenge

## 8. Abuse

## 4. Emotion - Feelings

## 5. Truth-telling

*uncomfortable spaces*



## Your Capacity - Your Presence

Who do you want to be in these spaces? Who do you need to become? What aspect of your presence can you grow to be more powerful in the storm?

**“Storms make trees take deeper roots.”  
- Dolly Parton**

What strengths can you better utilize to be more powerful in these moments?



## **Introduction of Storming® Methodology.**

Storming Methodology® is not a linear method, and each step does not have a script. Each "step" or component is a way to see a challenge and a way to be in the challenge.

We are stepping into an advanced area of coaching; it requires you to trust the process of coaching and to believe in it enough that you can let go of linear steps and be in the flow with your client. There are ways of being, with a basic structure to start each session. But storms are messy, are rarely predictable, you will need to adapt, often.

This level of coaching will require you to bring your authentic self and your presence to the journey, every time. Coaching someone who is in, or recovering from, a challenging place is amorphous, how you approach your sessions will change based on what is happening at the moment. Coaching The Storm is very different from coaching anything else.

Getting a clear coaching agreement is imperative, as these spaces are chaotic. To avoid rabbit holes and paths leading to nowhere, you must be clear of the overall objective of the coaching relationship and not lose sight of this objective, because in all likelihood, they will.

### **Storming Methodology®- Step One.**

Safe Space. Story. Science of Resiliency.

### **Storming Methodology®- Step Two.**

Trust. Truth. Time.

### **Storming Methodology®- Step Three.**

Orientation. Overwhelm. Options.

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### **Storming Methodology®- Step Five.**

Mourning. Movement. Meaningful action.

### **Storming Methodology®- Step Six.**

Inspiration. Influences. Inquiry.

### **Storming Methodology®- Step Seven.**

Needs. Neuroplasticity.

### **Storming Methodology®- Step Eight.**

Growth. Greatness. Gratitude.

# Basic Structure of Storm Sessions

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## 1. Release

Check in at the beginning of sessions in the storm are very different. You have to set agreements early on about this beginning space. It's very easy for people in the storm to stay in story for the entirety of an hour long session if the presence of the coach isn't strong enough and centered enough to bring them to present moment..

This part of the session they are letting go of all that has happened since you last spoke, and def[ending on the storm, it could be a lot. The start of the session can waiver between download, venting and updates. Learning to guide this moment requires nuance and sensibility. There will be sessions comprised of only this in significant storms. But the hope is to move them out of story and into a clear space for regrouping and action.

You need the strength to guide your client.

## 2. Refresh

Here we coach the energy of our clients. Bringing them to the present, to the now. Fear, worry, anxiety all live in either the past or the future, if we can bring them to the present space you can begin to make room for learning, for reviewing and for coaching. In the storm, this is where they come back to authentic self, outside of the storm, outside of the blinders fear created. When we can guide them back to now, we open up the horizon for what is next.

## 3. Review

Looking at what is happening with a new perspective requires a deep presence and a willingness to sit in discomfort as a coach. This is where we challenge story, expand possibility, and remove the blinders cause by fear and pain. The truth can be fear in the storm, as it often requires action.

Timing is everything here. Trusting your intuition, and your full sense of when to step in is imperative. Small steps are often required. and even they can feel like to much. And since this can be a very contrary space, your client may take big leaps or feel like things aren't moving fast enough. You are here to be a voice of perspective and judgement free awareness. Once they start to see, really see, what is unfolding, and honor truth, you are ready for meaningful action. Before the clarity of truth and acceptance of what is action may be micromovements or safe space actions.

## 4. Resolve

Resolution has many forms when we are coaching the storm. Action happens when we have a truthful holistic view of the scenario and life of our client. Knowing what meaningful recurring actions are required is first in this discovery process, and be prepared for them to change and morph as you learn more about what is involved. Sometimes resolution is putting out a fire from a lightening strike, sometimes it is about

## 5. Renew

The renewal is of their sense of self and their capabilities.

It is a renewal of strength with an understanding of the truth in the storm. They leave with clarity around who they are and what they are truly capable of for the next week. It is a renewal of energy, at times of hope and often the belief they are capable of handing what is next.



*notes*

# *Inquiry*

WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

## Questions for Release

- What is the most important thing to share about your last week?
- What do you need to clear before we start?
- Is there anything you need to speak out loud to make space for what is next?
- Are there any urgent needs that take precedent?
- How did you show up last week?
- Have there been any significant changes you need to share before we start?

## Questions for Refresh – Appreciative Inquiry

- What went right this week?
- For what are you grateful?
- Where did you succeed?
- What has changed for the positive?
- What is the shred of rightness about the past week.
- Where are you, right now, in all of this?

## Questions for Review

- What do we need to process together?
- What feels unfinished?
- Where do you need support that you have not yet received?
- What is unspoken?
- What is unspoken, even to yourself?
- Who is this storm asking you to become?



# *Inquiry*

WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

## Questions for Action

- What is the most important thing you need to accomplish this week?
- What support do you need and how can you get it?
- Are there any urgent actions that take precedent?
- Are you realistically able to practice recurring actions this next week?
- Have there been any significant changes you need to share before we start?

## Questions for Renewal - Appreciative Inquiry

- How did you use your strengths in a meaningful way?
- What has changed for the positive?
- Where are you really showing up and how?
- Where are you courageous and authentic?
- Where are you making a difference?



*notes*



# *Class Two*

## *Space. Story. Science*

"Sometimes there is so much that needs to be said that we must get really quiet in the hopes that someone out there is listening hard enough to the silence to hear every last word."

Jeanette LeBlanc

"The story you tell only teaches me half of who you are, I am more interested in what you are not saying."

Deanna Stull



## Permission Space.

Permission space is tricky in the middle of chaos.

You will dance between tender and powerful often. Knowing when to be either requires profound presence and listening skills.

To gain permission at the beginning of a relationship or chaotic experience, you cannot turn away from any emotion or sensitive moment. You must be comfortable and willing to be with what it is.

There will likely be tests in this space. Your client will take a step in to see how you handle it, the level of trust in your partnership will be directly related to how you show up in this moment.

If you can find the courage to stand tall and face whatever they're presenting to you directly, you will have permission from that point forward to go to the deeper spaces.

**“Permission space is an ethereal agreement between you and another, but also with yourself. It is ineffable, hard to define, but quick to eliminate.”  
- Deanna Stull**

Create your own definition of Permission Space.



# *Permission Space*

## Required to create permission space

- Completely Present / Mindfulness
- Courage
- Vulnerability
- Willingness
- Mindfulness
- Presence
- Learners Mind
- Profound Neutrality

## What hinders permission space?

- White knight syndrome
- Tipping
- Fear
- Distraction
- Knowers Mind
- Lack of self awareness



*notes*



## Profound Belonging.

Profound Belonging is the willingness to offer all of whom you are while accepting the all of another. You stay in curiosity and openness with everything your client brings to the relationship.

It is the ultimate space of vulnerability, and it is a requirement for coaching the deep spaces.

Profound Belonging requires equanimity at all times. You bring different perspectives, skills, and understanding of each other, but equality must remain at all times.

**“Profound belonging can happen in a instant, but it requires an open presence and an extreme level of vulnerability.”**  
- Deanna Stull

What keeps you from remaining equal with people? What is your distancer pattern?

# *Profound Belonging*

## Required to create Profound Belonging

- Completely Present / Mindfulness
- Courage
- Vulnerability
- Openness
- Equanimity
- Presence
- The Middle Way / The Space in between
- Profound Neutrality
- Curiosity
- Tenderness
- Love

## What hinders Profound Belonging?

- Fear
- Distancing/Walls
- Distraction
- Knowers Mind
- Lack of self awareness



*notes*



## Profound Neutrality.

Profound Neutrality starts with you. It is time to begin the journey of self-neutrality.

Finding where you are still in judgment of self, choices, and your past is essential. It is a life long journey to free yourself from these attachments; awareness is the beginning. Your exploration of your journey is necessary to remain neutral in highly charged moments. Look for a harmonious view of yourself, your experiences, and who you are in chaos to begin walking this path.

To stay in the space of Profound Neutrality, you must let go of trying to prove, convince, or compel anyone in any way, including yourself. The only thing you can do in the space of profound neutrality is to be with truth. Truth, in this experience, is a shared journey. Co-created truth is always more powerful and balanced. It is not, however, easier. This is a life-changing paradigm that required letting go of attachment to story and ways we see the world as an individual to see possibility and significantly expanded capacity.

The challenge with truth and The storm is its often changing as the experience unfolds.

You will have to keep what you know from past sessions separate from each session following until you both discover it still has meaning in this new experience.

This is a co-created discovery, and the meaning is sussed out, together.

How is neutrality different from judgment-free awareness?

Profound Neutrality is a shepherding in of facts, or truth, of what is, with a mastery of harmony. It includes judgment-free awareness but always embraces both sides, the light, and the dark, the positive and negative. It is used in heightened states of emotion to level the playing field and come back to a space where curiosity and wonder are brought back into the conversation.



## Profound Neutrality.

What attachment do you have to let go of to step into the walk of Profound Neutrality?

**Until we are neutral, we are in judgement”  
- Deanna Stull**

What does your last reactive moment teach you about your growth opportunities?



# *Profound Neutrality*

## Required to create Profound Neutrality

- Truth-teller
- Equanimity
- Vulnerability
- Courage
- Mindfulness
- Presence
- Empathy
- Masterful Pacing
- Shepherding versus leading
- Silence

## What hinders Profound Neutrality?

- Fear
- White knight syndrome
- Knowers Mind
- Lack of self awareness
- Attachment
- Confusing control with love
- Confusing
- Their truth or your truth versus co-created truth
- Uncomfortable with discomfort
- Coach talking, talking, talking



*notes*

# *their story*

## *Learning from your clients Past*

A robust, holistic understanding of your client's past story before the Storm entered their life is one of the most critical skills at the beginning of coaching chaos successfully.

Understanding your client's previous experience, how they handled stress and challenge, where they succeeded, and where their breaking points occurred lets you navigate with background knowledge.

Your understanding of their relationship environment is equally important. What does their relationship environment expect, believe, demand of your client?

How and what will your client share with their experience with their relationship environment and why. What roles have they adopted, over and over, again?

Triplex listening allows you to hear the story of what's happening beyond what they are saying. Making a note of pattern language, limitations, fear, and beliefs about self, all may impact how they navigate The Storm.

Separating interpretation from fact very quickly, recognizing limiting beliefs, weakness, or fear orientation as well as strengths, inspiration, and courage is part of the coaching agreement in this method; it sets a tone for the remainder of your coaching partnership.

It is an interesting paradox, as you are wanting to learn about their past experience while simultaneously holding a space profound neutrality.



*notes*

# *Resiliency Practices*

## GRATITUDE PRACTICE

- Morning and evening practice, 3 - 5 things each time, can repeat.
- In fearful or anxious moments.
- Including why you are grateful increases the benefit.
- .

## MUSIC

- Marconi Union Weightless - 10 hour version.
- Any binaural beats based music.
- Music associated with fond or happy memories.
- .

## KINESIOLOGY

- Power poses to change your physiology.
- Exercise.
- Walking Meditation.

## MEDIATION

- Morning and evening practice, and as needed for coming to center.
- [www.insighttimer.com](http://www.insighttimer.com) - Free
- [www.calm.com](http://www.calm.com) / [www.headspace.com](http://www.headspace.com)

## ALTRUISM

- Write a vulnerable and sincere thank you letter and then read it to them in person.
- Random acts of kindness.
- Give a small gift every day for a month.

## ENVIRONMENTAL DESIGN

- Physical Environmental Design to support future orientation.
- The circle of three, sharing story.
- Only positive books, films, music, audio.
- .



# *resources and sources*

## *Gratitude Practice*

[https://ggsc.berkeley.edu/what\\_we\\_do/major\\_initiatives/expanding\\_gratitude/gratitude\\_multimedia](https://ggsc.berkeley.edu/what_we_do/major_initiatives/expanding_gratitude/gratitude_multimedia)

<https://positivepsychology.com/neuroscience-of-gratitude/>

## *Meditation*

<https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>

<https://www.wbur.org/commonhealth/2018/04/06/harvard-study-relax-genes>

## *Music*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4428073/>

<https://www.inc.com/melanie-curtin/neuroscience-says-listening-to-this-one-song-reduces-anxiety-by-up-to-65-percent.html>

<https://link.springer.com/article/10.3758/BF03201225>

## *Altruism*

<https://www.nature.com/articles/ncomms15964.pdf>

[https://greatergood.berkeley.edu/article/item/5\\_ways\\_giving\\_is\\_good\\_for\\_you](https://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you)

# *resources and sources*

## *Kinesiology*

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

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