



Living
Happily Ever
Average

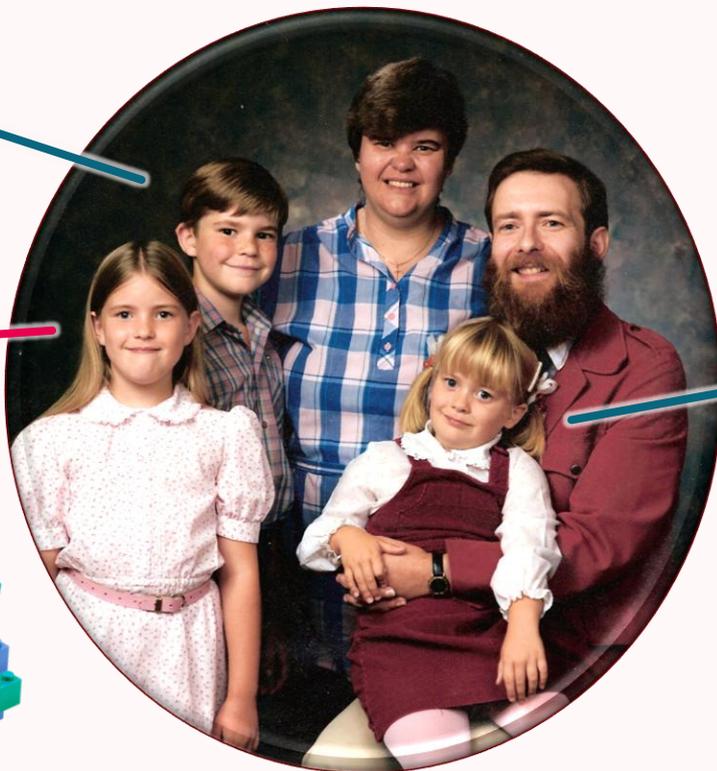
Shining a Light on Kristin's Journey
Through Mental Health

with ***Kristin***
Light

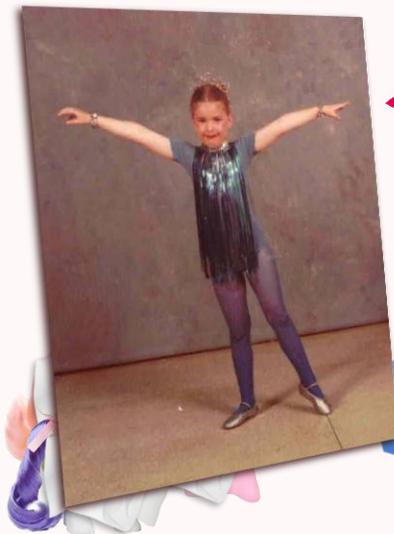


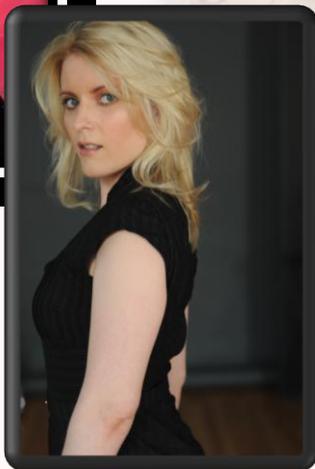
*Once Upon
a Time ...*

THING 1:
Musician



THING 3:
Artist





Inspiring a Future where Every Mind Finds its Groove

Kristin Light.ca

“

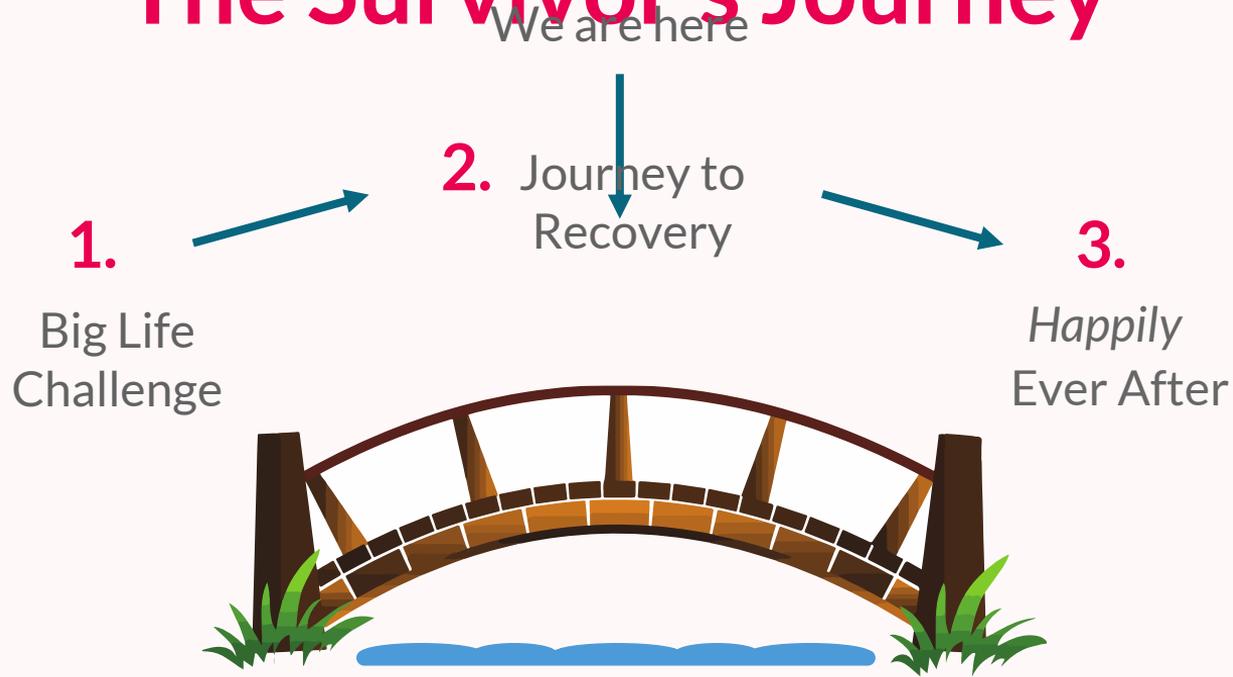
*Don't speak on any bridge
you're still crossing.*

~ My Unnamed Instructor

The Survivor's Journey

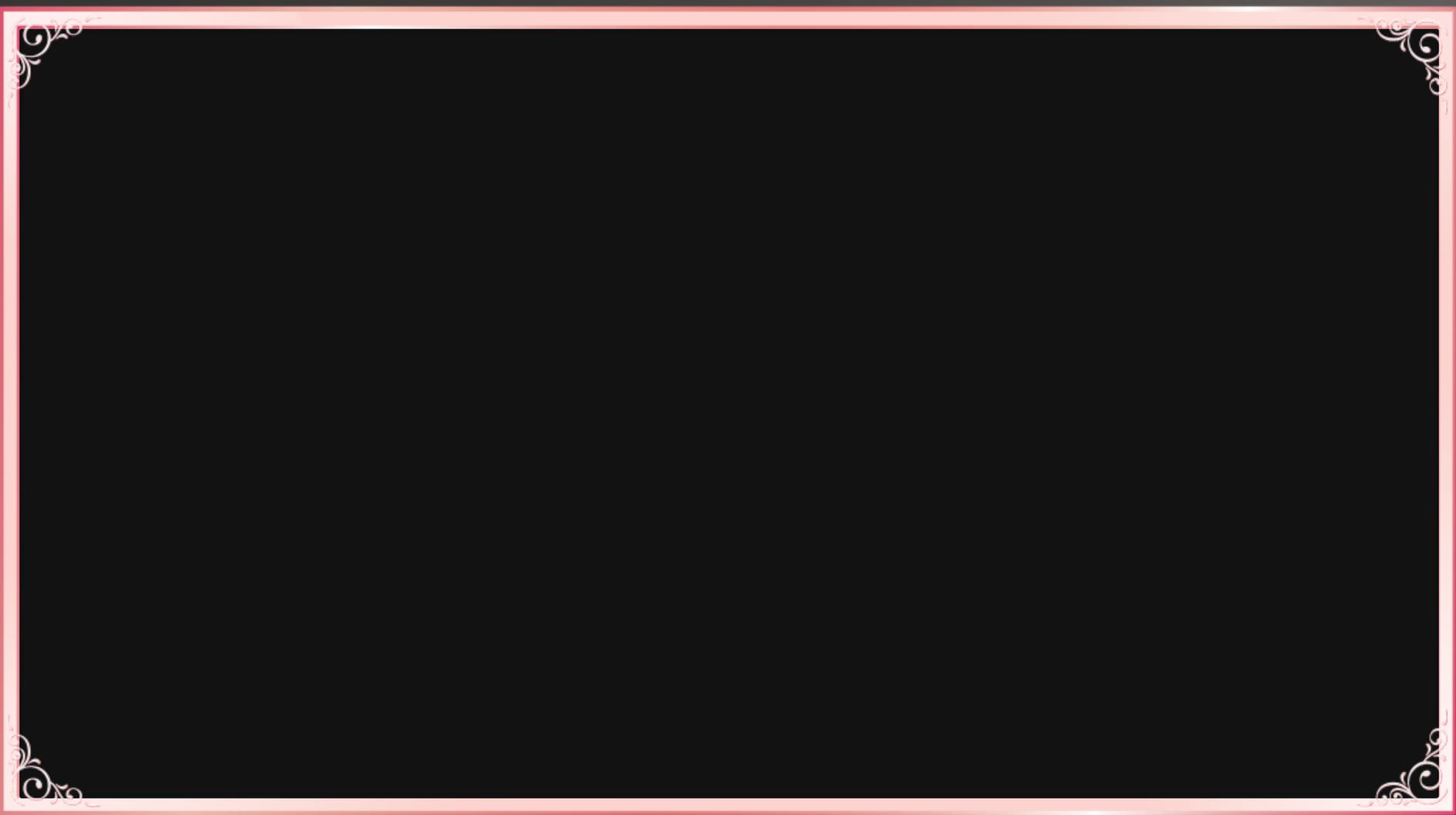


The Survivor's Journey

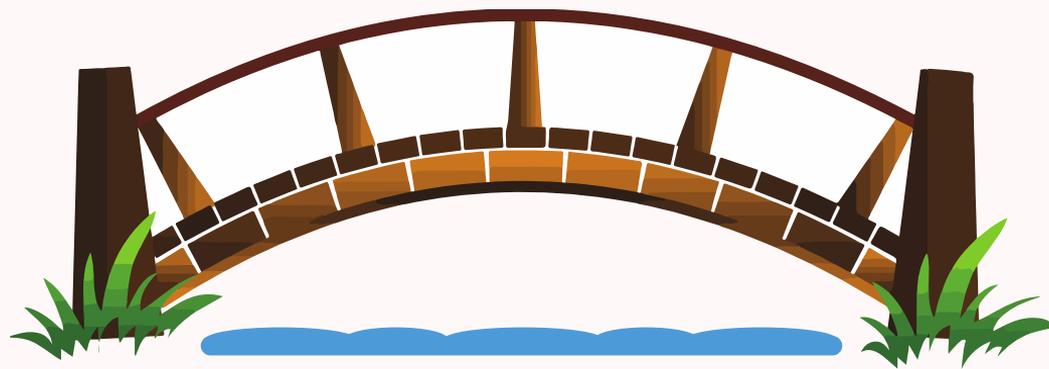
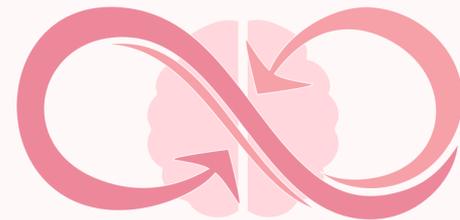








The Bridge we *Never Saw*



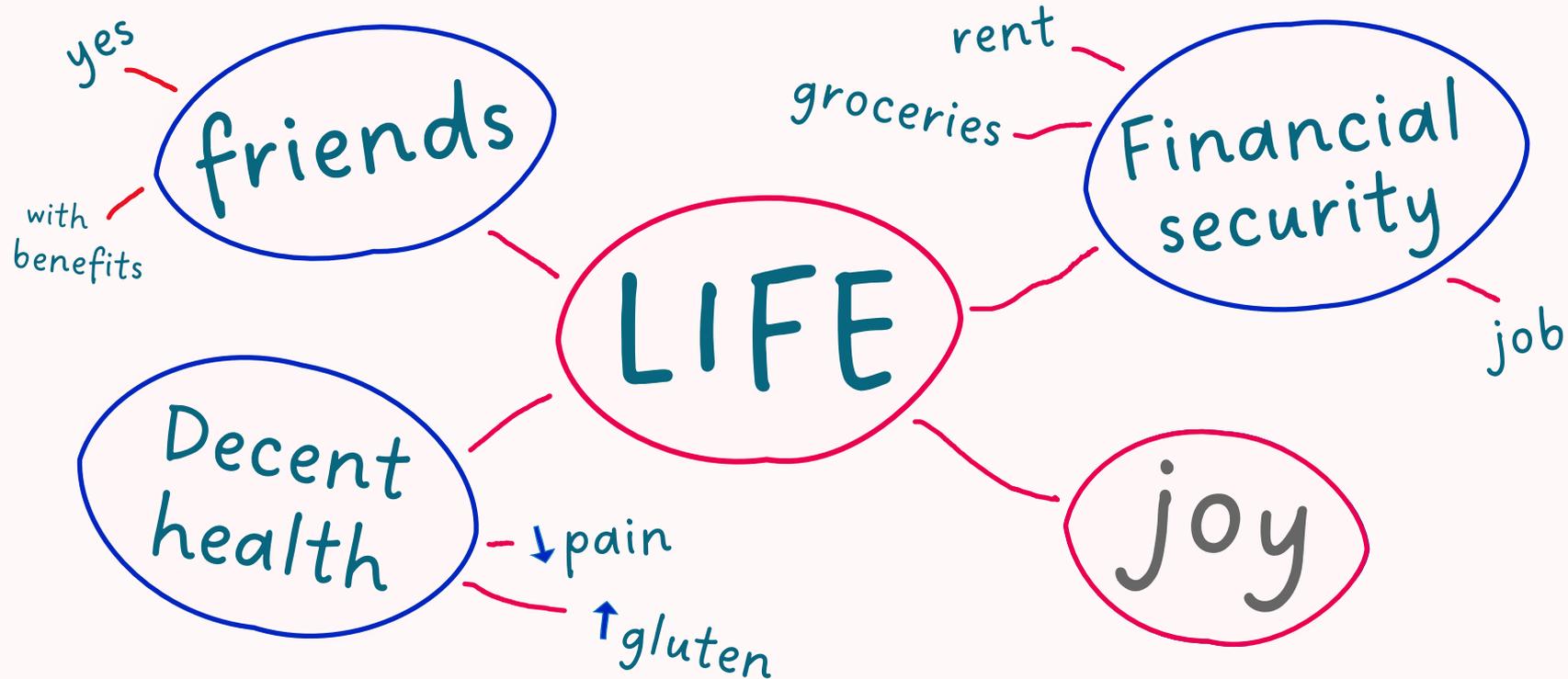
The Invisible Overlap

Autism & Mental Health

Mental health issues effect **70-80%** of us.

9 times more likely
to experience suicidal ideations.

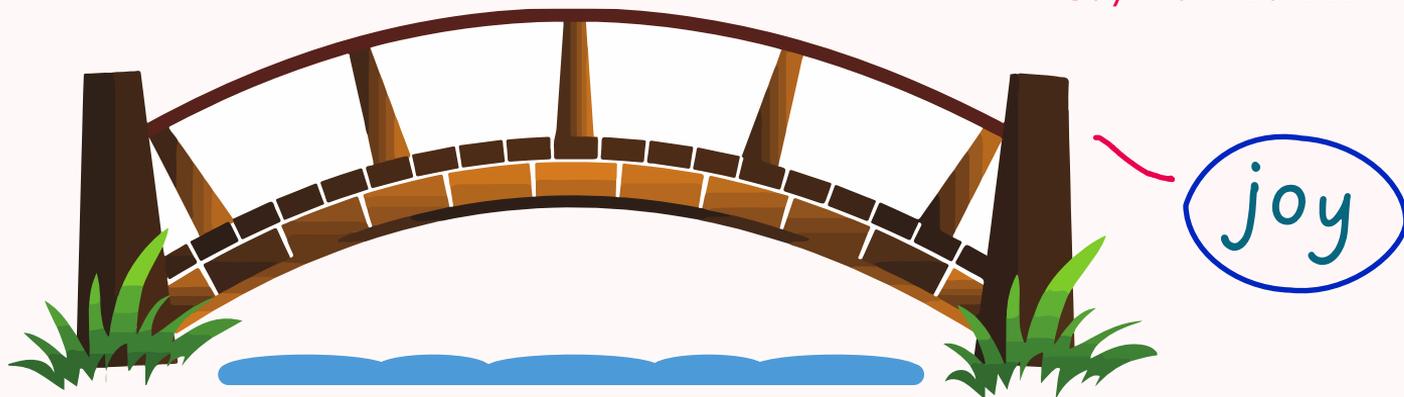
Newell, V., Phillips, L., Jones, C. et al. Molecular Autism, 2023



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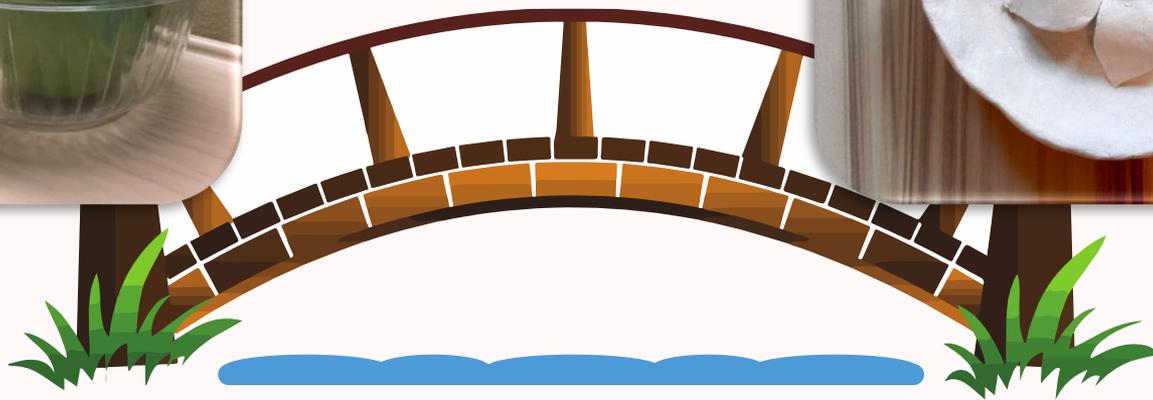
At least you're making progress!

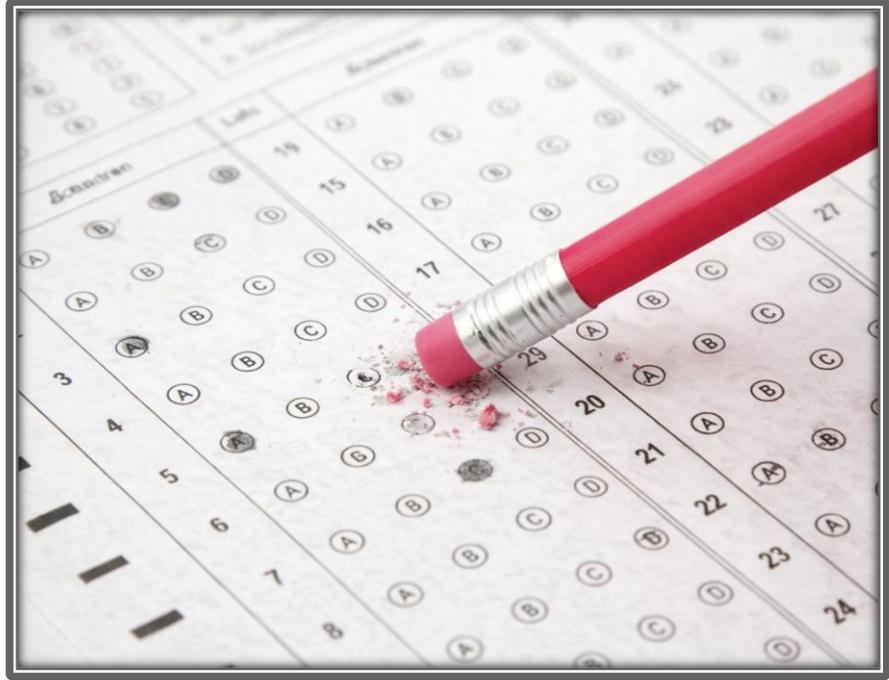
~ Guy with Notebook



“

you're making



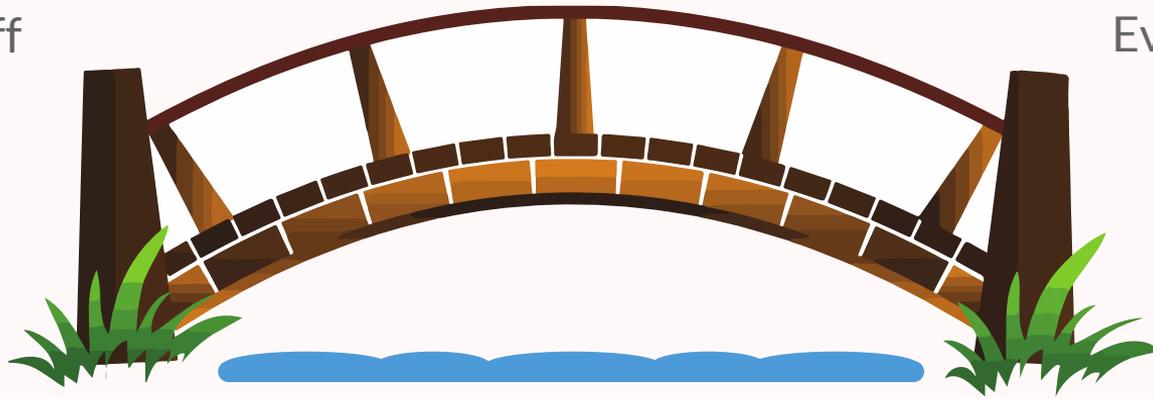


Inspiring a Future where Every Mind Finds its Groove

Kristin Light.ca

The Hero's Journey

1.
Hero
sets off



2. Trials &
Tribulations

3.
*Happily
Ever After*



“

You know,
you're kind of
elitist.

~ Guy I Never Danced With Again





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1.



2. Journey to
Recovery

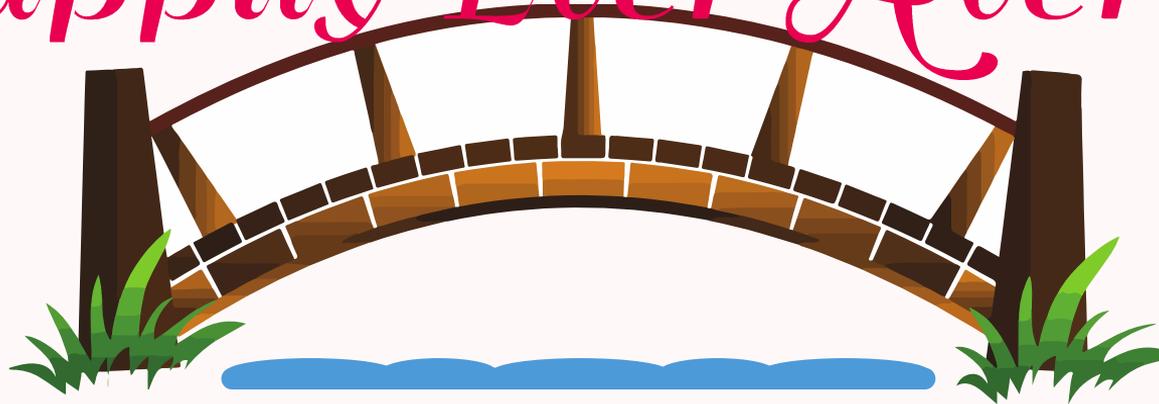


3.

Big Life
Challenge

Happily Ever...
After?

Happily Ever Average



Joy lives not in
who we might become,
but in
finally recognizing
who we've been **all along.**

The End



Thank you!



Scan to Connect



*Kristin
Light*

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-  www.kristinlight.ca
-  [@kristinmelight](https://www.linkedin.com/company/kristinlight)