**Check Out to Check In**

**Sometimes we don't know what we want or need until we stumble upon it.  Timing is everything, it can make or break any deal in the blink of an eye.  What comes next is typically related to emotion.  That's where I come in.**

**The Mental Toybox provides support and resources for those in need.  This is a safe space for people of all walks to temporarily check-out of the “real” world in order to align with useful tools that assist in improving the ability to check back into “reality” with healthier coping skills, reactions and responses to life's unforeseen gunk.  If you love what I do and the free content and resources that I provide, please consider donating gifts of gratitude to this blessed space of service.   
  
Quality therapy and access to therapists can be exceptionally challenging to regularly afford and access so it’s important to have access to helpful tools to help support individuals cope with challenging situations and emotion as they arise.  \*\*Again, I am NOT a therapist, nor do I wish to be.  I am a simple tool maker, a toy maker, an experience creator. I am not here to fix people.  "I compliment the wonderful work that all of you have already done or are currently doing."  I lay steppingstones. I shine light through darkness.  Everything I have created and compiled within this space comes from a lifetime of experience and a deep-rooted passion to serve others in realistic and honest ways.  I do this work because I love living the best life possible every day and sharing that ability with others who desire the same ability to do so.  I cherish my family, I understand struggle and the value behind being resilient & resourceful, I embrace the tenderness of traumatic experiences, I appreciate the ebb and flow of life, and I acknowledge how damaging a racing mind can be to self and to others when permitted to run reckless and wild.**  
   
**"Choose your own adventure, I will assist your journey like a lighthouse in the dark.  You choose your path.  You build your legacy.  I'm here to help maintain your magnificence."**