

# YOUR MIND is ONE-OF-A-KIND

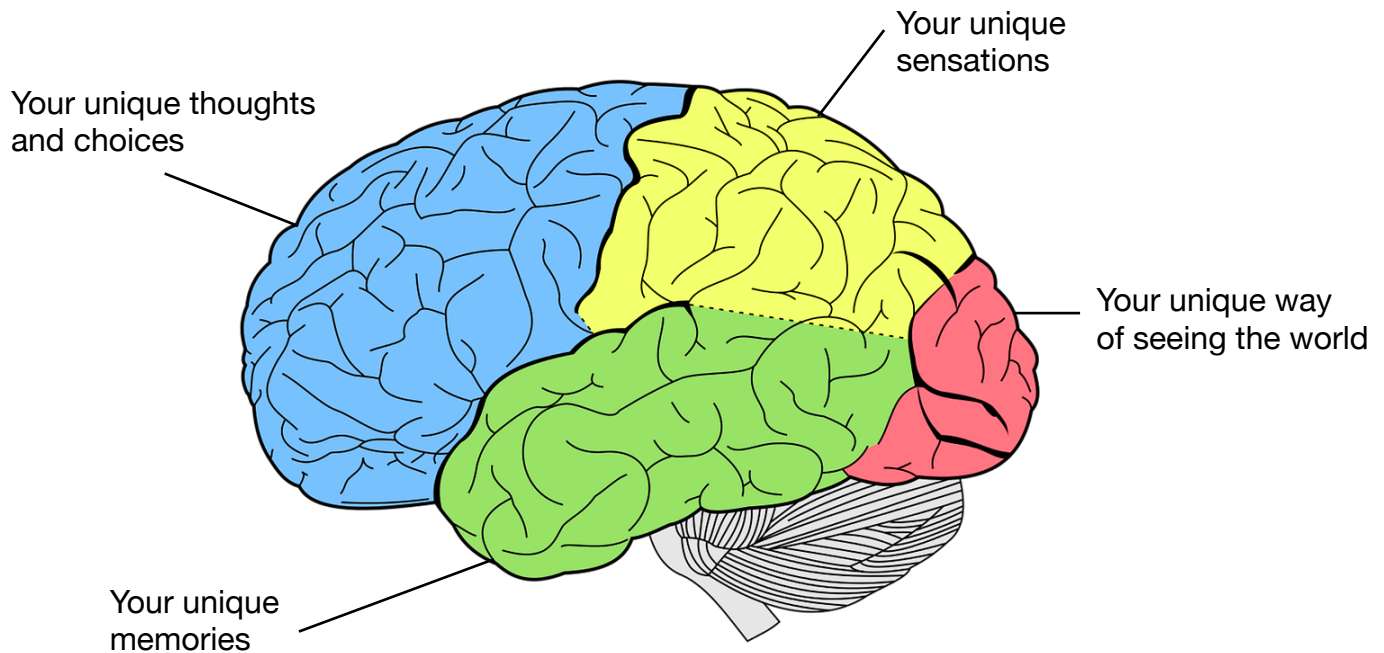
Discover 3 SECRETS to find healing and  
unlock your hidden potential



By Elise Harboldt, RN  
Beautiful Minds Wellness

## Your Amazing Brain

If you're struggling with anxiety, depression, or some other mental illness, you may have started to believe that something is wrong with your brain. But have you ever stopped to think about how amazing your brain is? Your mind is one-of-a-kind, and this remarkable uniqueness matters. Keep reading and you'll find out why your brain is so special.



## Uniquely You

Your brain is intricately designed with roughly 100 billion brain cells, forming 100 trillion connections.<sup>1</sup> These brain cells come in thousands of different types. This complex architecture means that your mind is unlike any other mind in the universe.

Your brain has been molded by your genetics, your environment, your education, your friends, your dog, your thoughts, how many french fries



you've eaten, your exercise habits, and much more. With so many variables, it's no wonder each mind is vastly different.

## Brains Can't Be Averaged

Have you ever wanted to be just like everyone else? Well it turns out that's impossible.

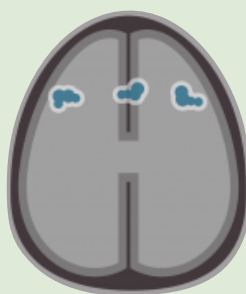
Meet Mike Miller, a neuroscientist from UC Santa Barbara. While carrying out a research project, Dr. Miller accidentally discovered something revolutionary.<sup>2</sup>

Using a brain scanner, he mapped the brains of 16 people as they performed the same learning activity.

After the activity, Dr. Miller did what any good neuroscientist would do. He averaged all the individual maps to discover which brain pathways were used while performing that particular activity. But as he looked at the results, something seemed off. None of the individual brains actually fit the mold of the average. Dr. Miller realized that there was no such thing as an average brain.



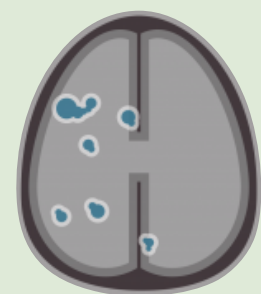
**"AVERAGE"**



**BRAIN 1**



**BRAIN 2**



**BRAIN 3**



## Bodies Can't Be Averaged

Brains aren't the only things that can't be averaged. In the 1950's, the U.S. Air force was alarmed by the fact that plane crashes and casualties were at a record high. Of course, they wanted to know why.

At first, it seemed the pilots were to blame. The planes weren't malfunctioning. But the highly-skilled pilots knew it wasn't their fault. Eventually the investigation led to the real problem: the cockpit.

The Air Force had designed the cockpit based on the average physical dimensions of hundreds of their male pilots. But the attempt to make it work for everyone wasn't working for anyone. Why? Because no one was average.

A follow up experiment measured the physical dimensions of over 4,000 pilots, including height, chest and waist circumference, sleeve length, and more. But none of the 4,000 pilots actually fit the profile of average.<sup>3</sup>

## Why it Matters

You are a unique masterpiece. Your mind, body, personality, ideas, dreams, values, skills, memories, and desires are unlike any other person's in the universe. In the words of Dr. Seuss:

*"Today you are you.  
That is truer than true.  
There is no one alive  
who is youer than you."*





# Your Individuality Matters for so Many Reasons

Let's look at just three reasons:

**1. Your Unique Contribution:**

*Because you are one-of-a-kind, you can contribute to the world in ways that no one else can. The world needs you.*

**2. Your Custom Path to Healing:**

Because you are unique, your path to healing will be unlike anyone else's.

**3. Your Place in the Heart of Others:**

Because you are irreplaceable, you are loved in a way that no one else ever has been, or ever will be.

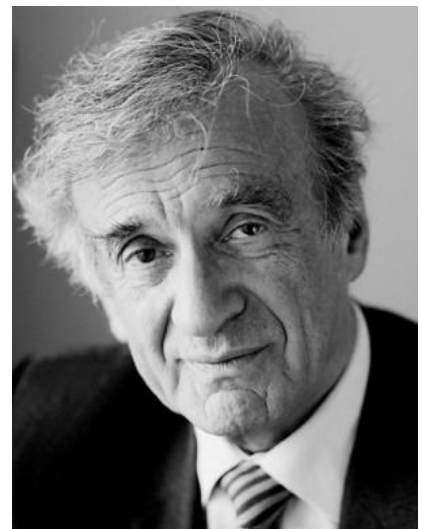
Let's explore these "Youer that You" gifts more in depth.

## Your Unique Contribution

Being one-of-a-kind means that you are uniquely equipped to contribute to people's lives in ways that no one else can. You can do what no one else can do.

Elie Wiesel was a Holocaust Survivor who lost his family - and almost died - in a concentration camp. For a decade, Elie refused to speak about the Holocaust, but eventually he changed his mind. He went on to write 57 books and to win the Nobel Peace Prize for his outstanding work in human rights.

Because of his suffering, his story, and his talents, Elie Wiesel was positioned to impact the world in a unique way. In time, he understood this. When giving advice about writing, he said: "Write only if you can't live without writing. Write only what you alone can write."



## What Does this Have to Do With You?

You may not be a writer like Elie Wiesel, but your personality, your talents, and the things you've been through enable you to help other people in ways that no one else can. You have a skill set that's completely original. You have a personality that's all your own. You have a unique set of people whose lives you touch.

You are designed to be one-of-a-kind and that means you can make the world a better place in a way that's exclusive to you. Understanding this can bring a whole new purpose to life.

What a release of pressure. No more competition to be above average or fight for first place in some faulty hierarchy. When there's no such thing as average, the game changes. The new goal is to become the best possible version of ourselves. We can learn to celebrate other people's strengths without feeling threatened. This goes a long way in building healthy relationships with others and ourselves.





## Your Custom Path to Healing

Because you are unlike any other person in the universe, your path to healing will be unique to you. It's true that there are healthy habits that apply to everyone. Nurturing your body with healthy food, getting quality sleep, exercising regularly, practicing gratitude, and managing your stress—all these practices will help you to feel better and function more optimally. But a huge part of the recovery journey is discovering your very own way of applying these habits of healing. Finding your niche in a lifestyle of wellness will help you become a more fully alive version of yourself.



- Nutritious food
- Adequate sleep
- Physical activity
- Sunlight
- Gratitude
- Relaxation

*The goal of wellness is to help you become a more fully alive version of you.*



## Your Place in the Heart of Others

Have you ever noticed that it's impossible to appreciate any two people the exact same way? Every relationship is different. Every friend is different. No human being is replaceable.

You matter to others in ways that no one else can. You have people in your life who love and value you. But even when those close to you let you down, you can be sure of this: You are loved uniquely.

As the ancient King David reflected on his individuality, he wrote:

*"I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well. My frame was not hidden from You, when I was being made in secret, intricately woven in the depths of the earth."*<sup>4</sup>

## The Most Healing Medicine

Did you catch that? King David said that his Creator intricately wove him into something valuable. You were intricately woven too. The One who made you into an incredible individual loves you in a one-of-a-kind way. There is a special place in your Maker's heart that only you can fill.

Believe it or not, this paradigm actually sets the stage for the healing of the mind. Because knowing that you're unconditionally valued and loved might just be the most healing medicine in the universe. You are loved!





## References:

<sup>1</sup> Scientific American, 2011, <https://www.scientificamerican.com/article/100-trillion-connections/>

<sup>2</sup> TED Talk: “The Myth of Average.” 2013: <https://www.youtube.com/watch?v=4eBmyttcfU4>

<sup>3</sup> Ted Rose, 2013, <https://www.thestar.com/news/insight/2016/01/16/when-us-air-force-discovered-the-flaw-of-averages.html>

<sup>4</sup> Psalm 139:14, ESV



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**Wellness**

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