

# THE DIMENSIONS



LIFE FEELS HEAVY:  
LIGHTEN THE LOAD





## Issue 6

---

### **Storyline**

***Life Feels Heavy: Lighten the Load*** features the story of Raha, aka Divine Queen. She has the power of flight and mind-reading but is plagued by her impulsive shopping and related guilt associated with hoarding tendencies. She plays violin in The Dimensions band. Dance is essential to Raha. It is how she gets in touch with her body and soul! So she teaches *Fit Body and Soul (FBAS)* dance classes at her studio that sits across the street from a community church. Raha also has a problem with impulsive shopping and hoarding. She is supposed to teach a class that evening but her dance studio is filled with her impulsive shopping buys. Just as her *FBAS* dance clients are struggling to keep their weight under control, Raha must learn how to lighten the load from the weight of her impulsive shopping and hoarding. It may take more than just *The Dimensions* to help her lighten her load and get her dance studio back in order before class begins.

### **About BH WELL**

The University of Kentucky College of Nursing's Behavioral Health Wellness Environments for Living and Learning (BH WELL) research team exists to promote behavioral health and wellness among individuals facing behavioral health challenges. We live DIRECT by prioritizing Diversity, Innovation, Respect, Compassion, and Teamwork.

### **Research**

A person's quality of life is the satisfaction they have with their overall existence. The Quality of Life Scale (QOLS) is one method of checking how a person sees their own quality of life. When 'weighed down', whether from compulsive shopping, obesity, or something else, a person often sees themselves as having a lower quality of life. However, counseling or therapy can be useful to help people cope with challenges that may affect their quality of life. One form of counseling, Cognitive Behavior Therapy, can help an individual gain a better understanding of how their ways of thinking and feeling may make them choose unhealthy behaviors. Once a person learns how to manage their thoughts and feelings, they are prepared to make changes in their behavior which can improve their quality of life.

Flanagan, J. C. (1978). A research approach to improving our quality of life. *American Psychologist*, 33 (2), 138-147.

Sattin RW, Williams LB, Dias J, Garvin JT, Marion L, Joshua TV, Kriska A, Kramer MK, Narayan KM. Community Trial of a Faith-Based Lifestyle Intervention to Prevent Diabetes Among African-Americans. *J Community Health*. 2016 Feb;41(1):87-96. doi: 10.1007/s10900-015-0071-8. PMID: 26215167; PMCID: PMC4715566.

Zhang C, Brook JS, Leukefeld CG, De La Rosa M, Brook DW. Compulsive buying and quality of life: An estimate of the monetary cost of compulsive buying among adults in early midlife. *Psychiatry Res*. 2017 Jun;252:208-214. doi: 10.1016/j.psychres.2017.03.007. Epub 2017 Mar 7. PMID: 28285247; PMCID: PMC5442884.

### **Acknowledgements and Credits**

**Script and Story:** BH WELL Research Team

**Creators:** BH WELL Research Team

**Artwork:** Dotty K. Berryman

**Art Director/Production:** David Bryan Blondell

**Funding Support:** Internal funds along with support from the Kentucky Tobacco Prevention and Cessation Program.

**RAHA AND NOVA RETURN TO RAHA'S DANCE STUDIO AFTER AN INTENSE MORNING OF SHOPPING...**



Okay. Once I'm finished here we can head over to Hope's baby shower.

**RAHA FEELS OVERWHELMED BY THE AMOUNT OF STUFF TAKING OVER HER SPACE...**



Oh, Raha! I see we have some work to do.

I'm tired just thinking about all the things I need to do!



AS RAHA FALLS ASLEEP,  
SHE BEGINS TO DREAM...

zzzzzzzzzz

This is so  
overwhelming. I am going  
to rest for a second.

IN THE DREAM, THE WEIGHT OF HER  
PACKAGES CAUSES HER TO FALL...

Welcome to the land of  
dreams I am going to take  
you on a journey of  
self discovery!

WAIT? What's happening...  
Oh no, my stuff!

It is only weighing  
you down.

\* Bailey Bee, the BH WELL bee, is there to guide her through her dream.  
It is important to have a guide because things can get pretty weird in dreams!

**RAHA SLOWS DOWN JUST IN TIME TO SLOWLY FLOAT TO THE GROUND...**



**You fell so quickly!  
What is weighing you down?**

**What really weighs people down is often overcommitment to serving others, carrying other people's burdens, lack of self-care, and painful relationships.**



**Come look at this.**

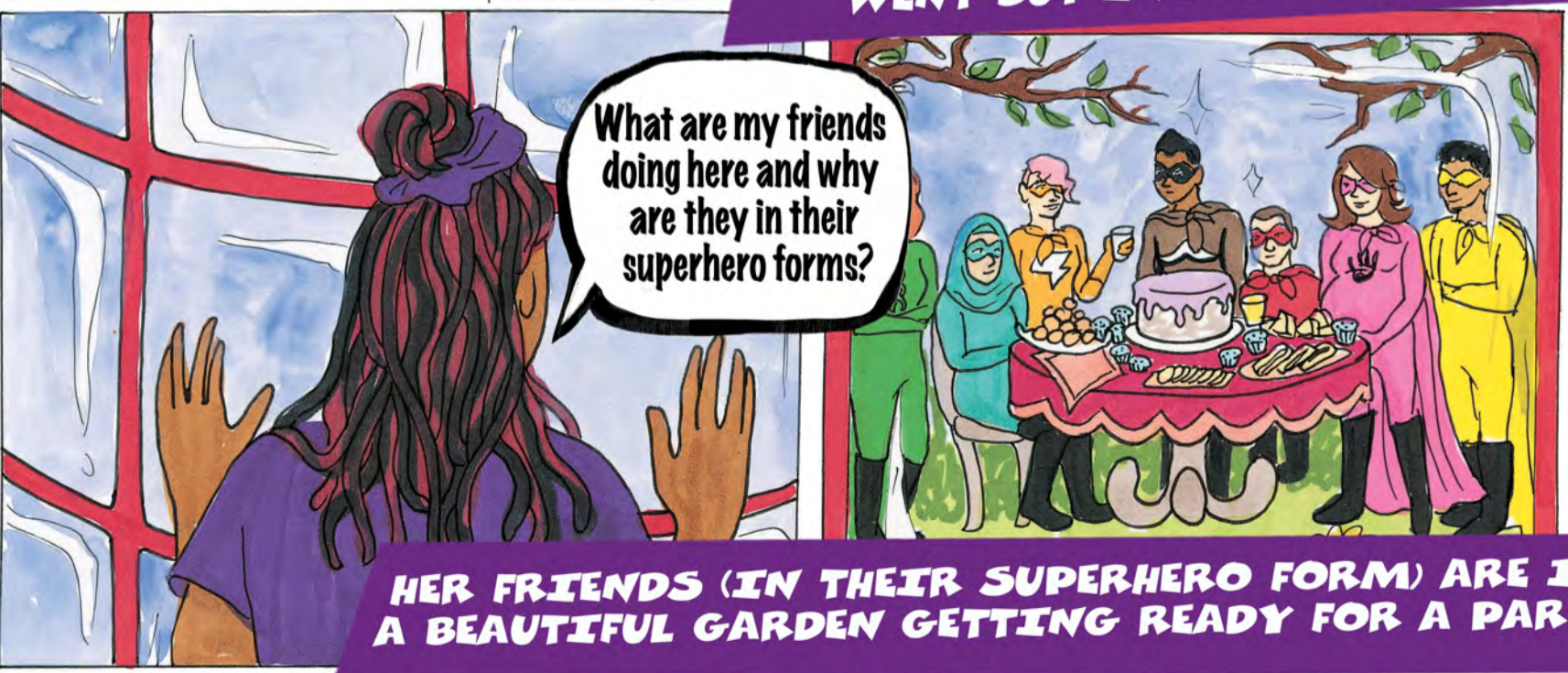
**Where am I?!**

**Have faith!  
Come and see this.**



*Sure, listen to the talking bee. Why not?*

**UNSURE OF WHAT TO DO NEXT RAHA TRIES TO SEE WHERE THE BEE WENT BUT INSTEAD SHE SEES...**



**What are my friends doing here and why are they in their superhero forms?**

**HER FRIENDS (IN THEIR SUPERHERO FORM) ARE IN A BEAUTIFUL GARDEN GETTING READY FOR A PARTY...**

I should turn into my superhero alter ego Divine Queen.

**RAHA TRIES TO TRANSFORM BUT SHE CAN'T...**



Where is Divine Queen when I need her?

**THE BEE RETURNS...**

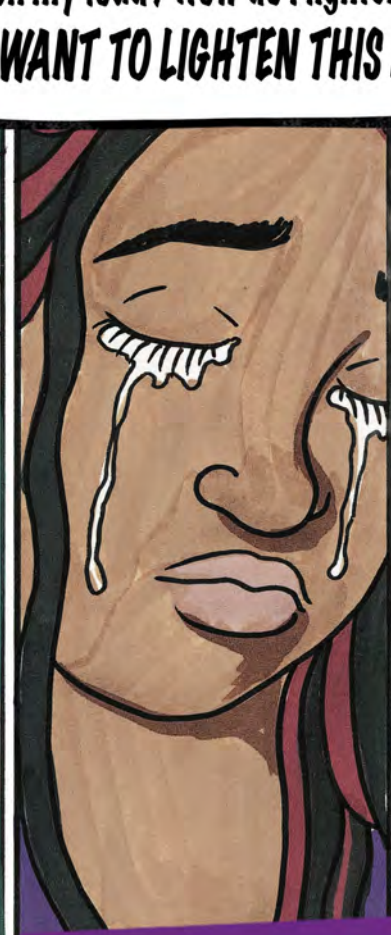


It looks like you cannot transform into Divine Queen because you are still weighed down.



Want to *lighten* your load? You can do it!

Lighten my load? How do I lighten my load? **I WANT TO LIGHTEN THIS LOAD!**



Let the cleansing rain wash over you.



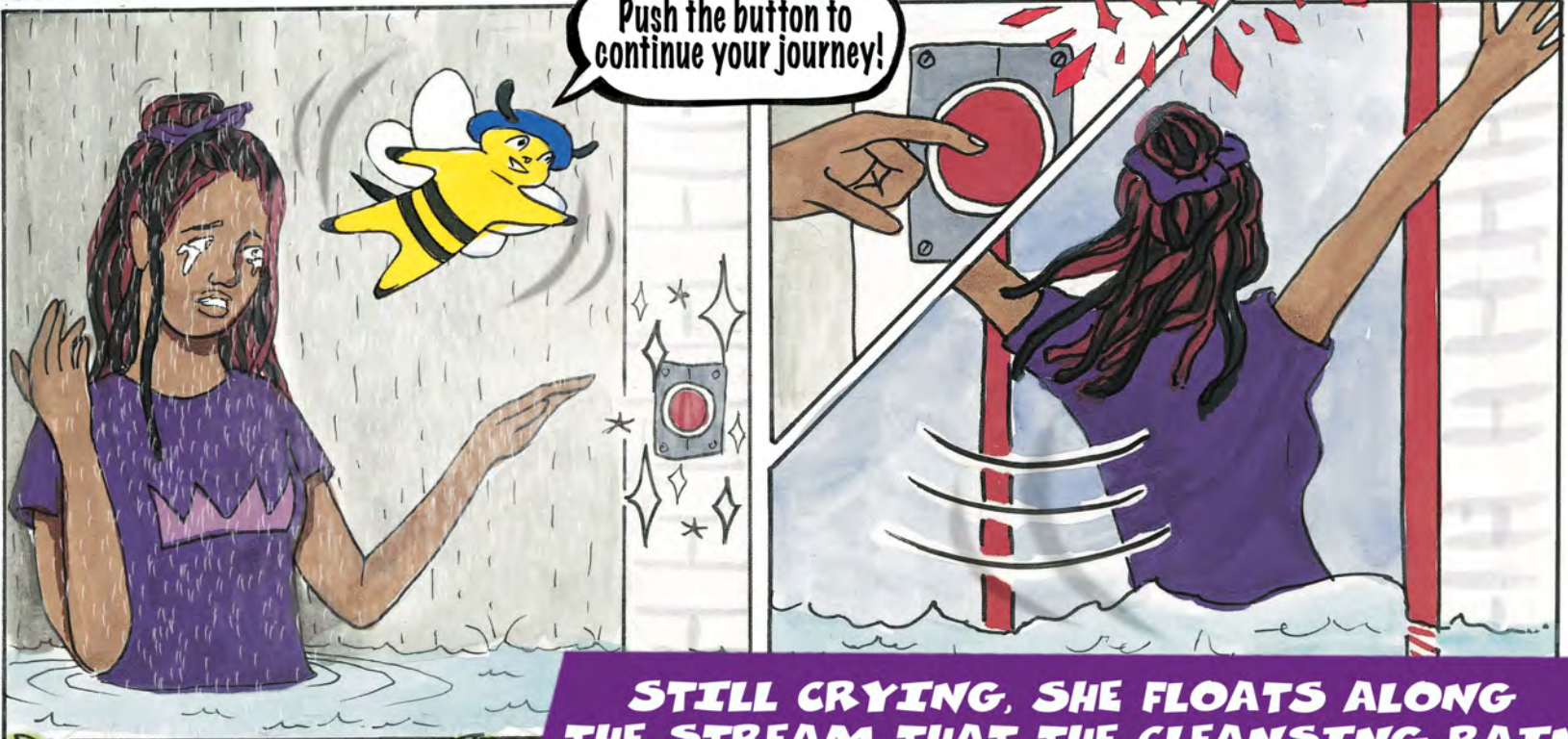
**AS RAHA BEGINS TO CRY, A GENTLE CLEANSING RAIN STARTS TO FALL UPON HER...**

**SHE TAKES A DEEP BREATH AND LOOKS UP TOWARD THE SKY...**



When you link your personal values to your behavior change goals, then you are more likely to succeed.

Push the button to continue your journey!



**STILL CRYING, SHE FLOATS ALONG THE STREAM THAT THE CLEANSING RAIN HAS CREATED IN THE GARDEN...**

Where are we going now?!



To see your friends! They can give you emotional support!

**THE DIMENSIONS NOTICE THAT RAHA NEEDS HELP...**



Are you thirsty?  
Let me get you  
some water!

Raha, you look  
exhausted.

Wow, you really are crying!  
If you can process the emotions  
associated with your tears,  
the cleansing rain may stop.

Try turning into your  
superhero alter ego!

WEEEEEEEEEE



**RAHA CHANGES INTO DIVINE QUEEN, HER SUPERHERO ALTER EGO, BUT IS VERY WEAK...**



**Come on, Divine Queen. You can do this!**



**I'm still weighed down???**

When making a change, people often hit a plateau where they experience a period with little-to-no change. Recognize that this is an expected part of the journey.



**Why can't I go any higher?**

**You need to lighten your load.**

**RAHA WORKS TO LIGHTEN HER LOAD BUT IT'S NOT EASY...**



It may take more than one try to succeed, but if you keep trying, you can become your own superhero.

**ERIC HELPS RAHA LIGHTEN HER LOAD JUST IN TIME...**



This should help lighten your load.

**SNIP!**



Lighten your load. I'm beginning to get the point.



Strong social networks provide a stable space to grow.

**AANISAH HAS A PREMONITION OF RAHA DANCING WITH HER FIT BODY AND SOUL STUDENTS...**



I see your load lightening!

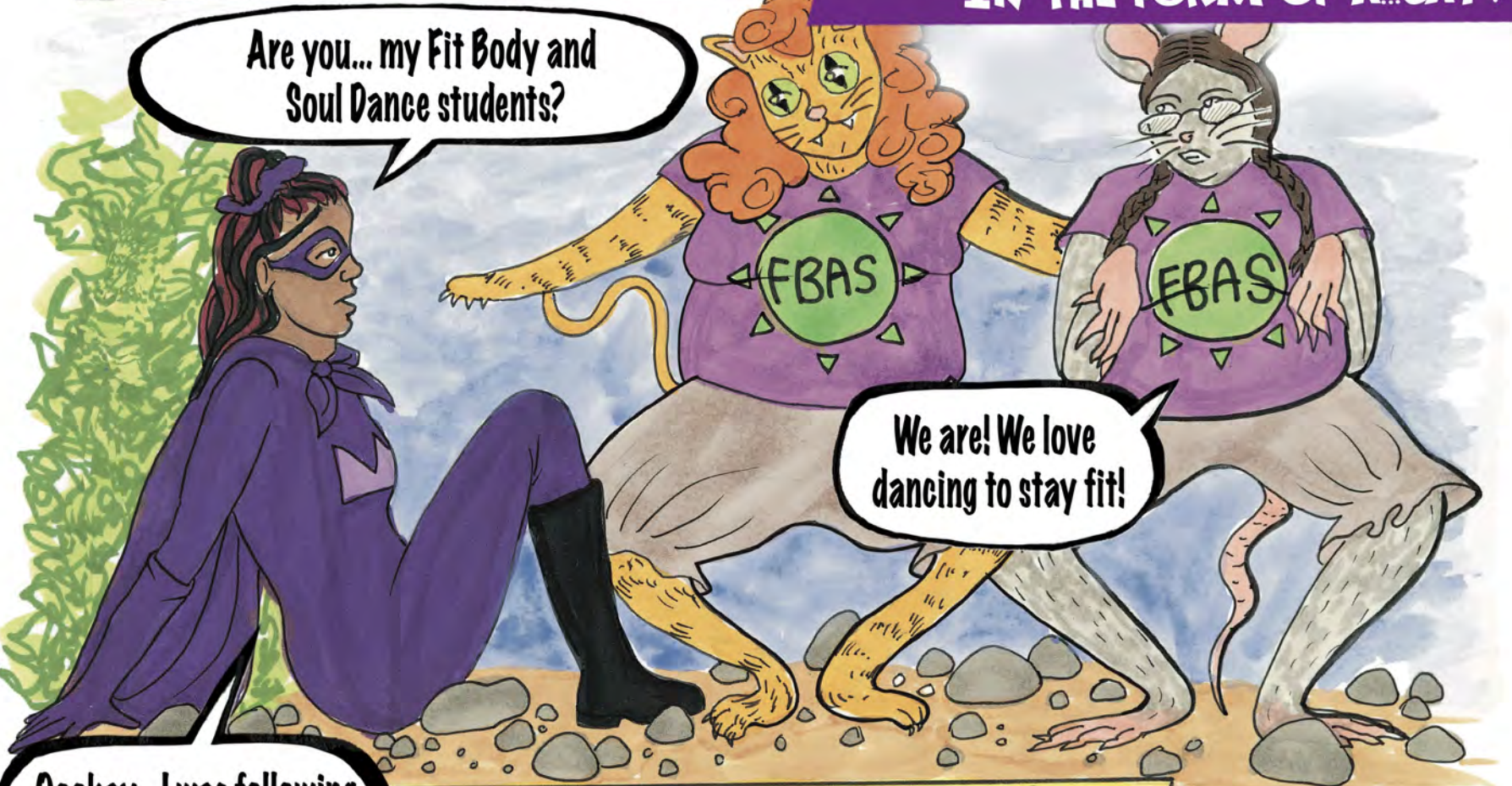


Today has been so weird!



And the day's not over yet!

**RAHA SEES ONE OF HER FIT BODY AND SOUL DANCE STUDENTS IN THE FORM OF A...CAT?**



Are you... my Fit Body and Soul Dance students?

We are! We love dancing to stay fit!

Oookay... I was following a bee... Do you know where the bee went?



Ahhhh! Yes! You'll find Bailey Bee in the Kings Garden getting ready for the party!

Everybody is going to the party!



So who is this King anyway?

I don't know. I guess we'll find out when we get there.

Follow me!

**RAHA AND THE OTHER DIMENSIONS FOLLOW THE CAT...**

**AFTER TRAVELING A LONG WAY  
ON HER JOURNEY...**



**You have arrived at the throne room.  
We leave you here. But not to worry.  
We will meet again at the party.**



**BEHOLD!**

**THE KING!!**

**My magnetic attraction  
is very heavy in this area.  
There must be much  
of great value.**

**Oh good! You made  
it just in time!**



**RAHA APPROACHES THE THRONE...**



Ahhh now. There you are. I noticed you went through a cleansing rain. Feeling better now?

I was crying. I was loaded down with packages. I thought the river was from my tears, I didn't realize that was a cleansing rain.

No wonder I feel so much better!



Splendid! So now we celebrate. Yes?



Yes, now we celebrate. Now we celebrate...

Taking time to celebrate small wins is important when you are changing behavior.

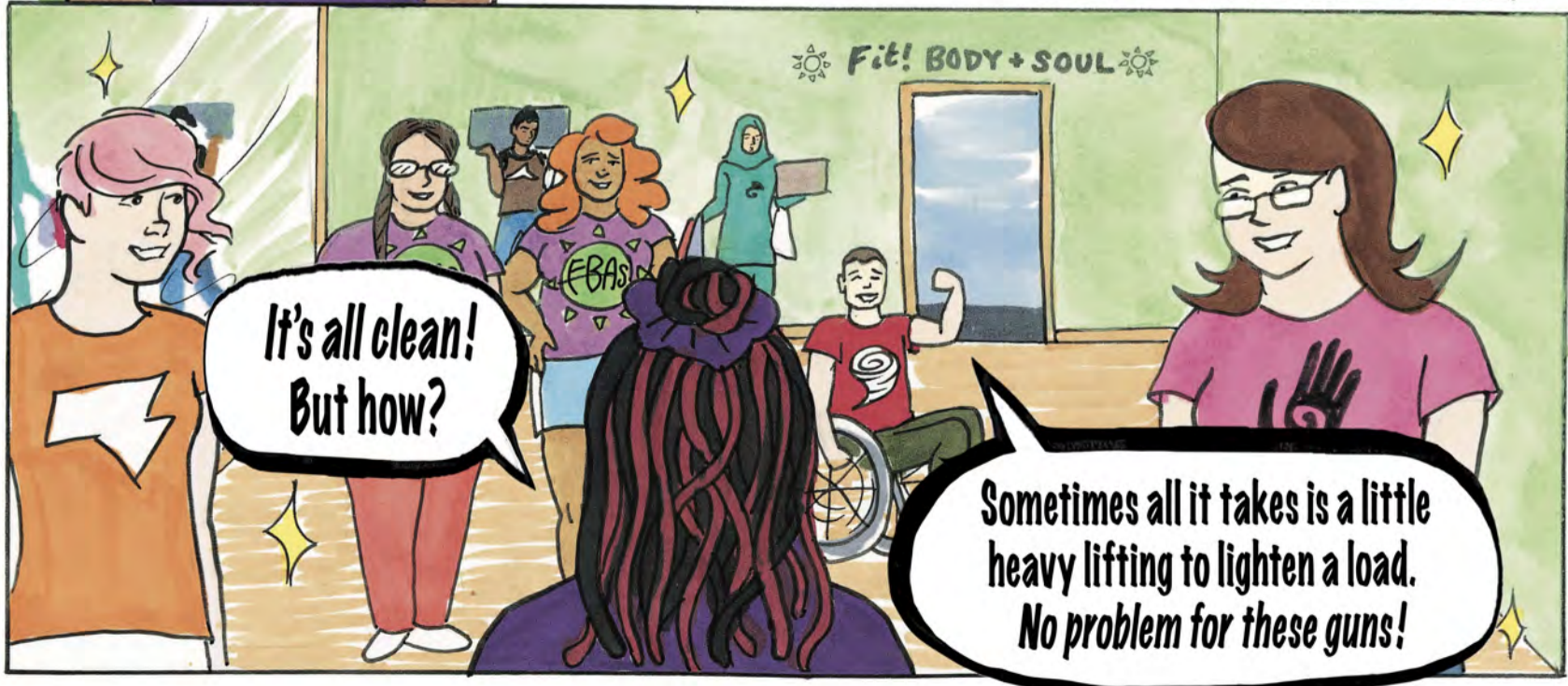
**RAHA BEGINS TO AWAKEN FROM HER DREAMLIKE STATE...**



...Now we celebrate!

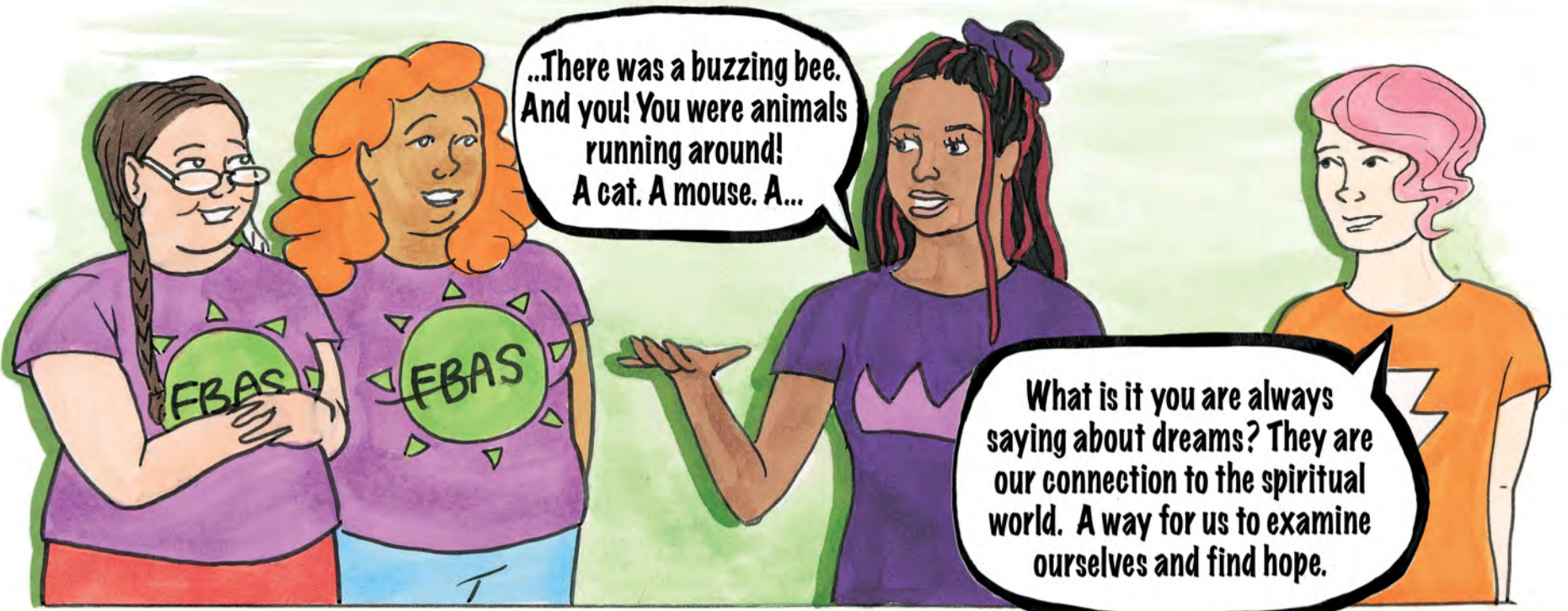


Raha, I think you dozed off. But look around!



It's all clean! But how?

Sometimes all it takes is a little heavy lifting to lighten a load. No problem for these guns!



...There was a buzzing bee.  
And you! You were animals  
running around!  
A cat. A mouse. A...

What is it you are always  
saying about dreams? They are  
our connection to the spiritual  
world. A way for us to examine  
ourselves and find hope.



I needed to let go.  
All it took was  
a little cleansing rain.

Dream stuff.  
I'll tell you later.  
Right now ...



**Fit Body and Soul!**  
We are where we are  
for a reason!  
**Fit Body and Soul!**










Lightening her load took time,  
but in the end, it was well worth it! — THE END

# GET TO KNOW THE DIMENSIONS CHARACTERS!



The Dimensions characters represent the 8 dimensions of wellness supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

<https://bhwell.uky.edu/about-us/dimensions-wellness>

	<p><b>Environmental Dimension:</b> <b>Eric Ripple aka Captain Calm</b></p>	<ul style="list-style-type: none"> <li>Local park ranger</li> <li>Married to Hope Ripple</li> <li>Co-lead singer for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences anxiety and has an addiction to nicotine</li> <li>Superpower: Super strength and the ability to talk to animals</li> </ul>
	<p><b>Emotional Dimension:</b> <b>Hope Ripple aka The Healer</b></p>	<ul style="list-style-type: none"> <li>School teacher who works at the local children's hospital</li> <li>Married to Eric Ripple</li> <li>Co-lead singer for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences panic attacks and compassion fatigue</li> <li>Superpower: Healing hands and X-ray vision</li> </ul>
	<p><b>Physical Dimension:</b> <b>Leo Lowe aka Thundering Tornado</b></p>	<ul style="list-style-type: none"> <li>Army veteran and librarian</li> <li>Drummer for The Dimensions</li> <li>Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits</li> </ul>	<ul style="list-style-type: none"> <li>Recently diagnosed with diabetes</li> <li>Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain</li> </ul>
	<p><b>Occupational Dimension:</b> <b>Aanisah Alomar aka The Gentle Chameleon</b></p>	<ul style="list-style-type: none"> <li>Small business owner</li> <li>Bass guitar player for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences depression</li> <li>Superpower: Shapeshifts and can see the future</li> </ul>
	<p><b>Social Dimension:</b> <b>Nova Pow aka Magnetic Shock</b></p>	<ul style="list-style-type: none"> <li>Martial artist</li> <li>Percussionist for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Needs support controlling anger and substance use</li> <li>Superpower: Magnetically manipulates and attracts objects</li> </ul>
	<p><b>Financial Dimension:</b> <b>Lucy Stretch aka Elastic Beauty</b></p>	<ul style="list-style-type: none"> <li>Owner of a beauty company</li> <li>Plays lead guitar for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Experiences ADHD and is known for showing up late</li> <li>Superpower: Body manipulation</li> </ul>
	<p><b>Intellectual Dimension:</b> <b>Einstein Al-Kno aka Agent Replacement</b></p>	<ul style="list-style-type: none"> <li>Professor and health professional who studies Alzheimer's and dementia</li> <li>Plays keyboard for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Can be self-centered and selfish which makes it difficult to socialize</li> <li>Superpower: High intelligence and wears a water-hose-soaker backpack</li> </ul>
	<p><b>Spiritual Dimension:</b> <b>Raha aka The Divine Queen</b></p>	<ul style="list-style-type: none"> <li>Dance instructor</li> <li>Violinist for The Dimensions</li> </ul>	<ul style="list-style-type: none"> <li>Can be impulsive when shopping which leads to feelings of guilt and hoarding</li> <li>Superpower: Flies and reads minds</li> </ul>

IN ADDITION TO THESE, BE ON THE LOOKOUT FOR 2 HIDDEN CHARACTERS!

**ALLENE RECORDSTEIN** is the band manager for The Dimensions. Her superpower is keeping the band organized!

**DOTTY K. BERRYMAN** is, well, the amazing artist of The Dimensions. But did you know she is also their biggest fan? Look for her cheering on The Dimensions at their shows!

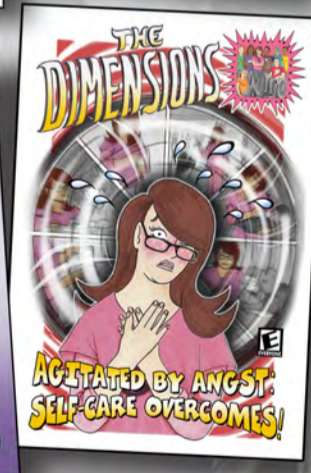
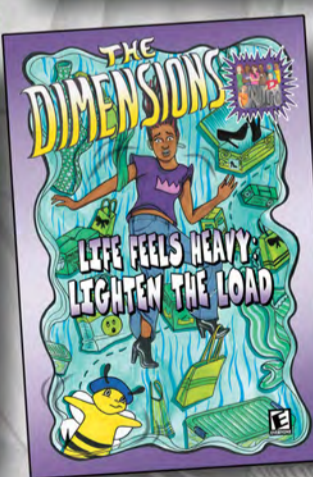
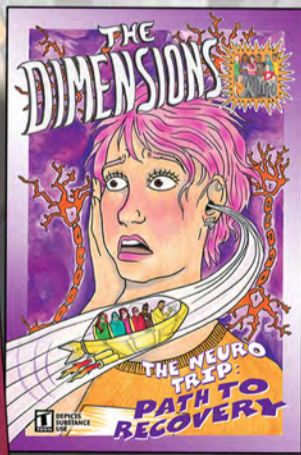
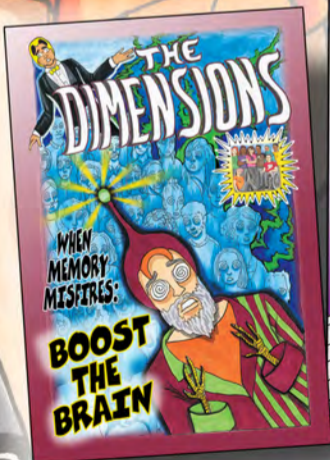
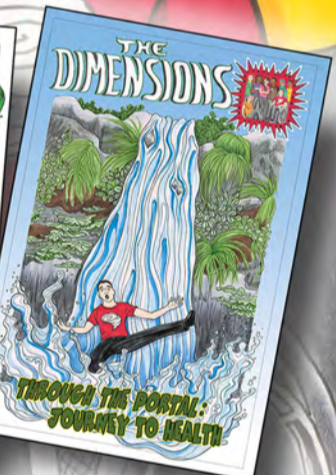
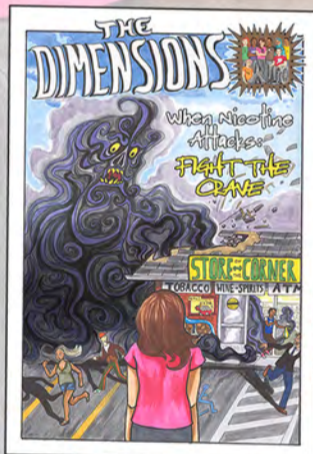


# READ THEM ALL!

Each character has their own story.



The  
Dimensions  
series  
includes:



[WWW.UKY.EDU/BHWELL](http://WWW.UKY.EDU/BHWELL)

