

EQUILIBRIUM

Your Total Wellbeing & Resilience Guide

PART 03

CONNECTION



Connecting Through Stories

by Vicki Hansen

To get the full version of EQUILIBRIUM for free, go to www.totalwellbeing.co

Photo by Josh Hill from Pixels



RAW energy
Resilience - Authenticity - Wellbeing



Thanks Anuraj – it sounds like science fiction is becoming science fact. Next, telling stories has been the way we have learnt for thousands of years. Whether it's stories at bedtime, stories around the campfire, stories in the pub or from the stage, the story and ability to tell a story is a highly valuable skill. Today, 5 billion videos have been shared on YouTube, each providing an individual story, some of which have gone viral. Here to help us understand the power of both stories and videos is film, television and music creator, Vicki Hansen.

Connecting Through Stories

by Vicki Hansen

"There is no greater agony than bearing an untold story inside you"
~ Maya Angelou

Everyone has a story worth telling.

It is through stories that we connect with each other and share the common essence of what makes us human.

Stories are the way we learn about the many different journeys that people have taken to get to where they are now. There are as many stories as there are people on the planet, yet the heart of stories - the grief, the joy, the laughter, the triumphs, the failures - are common to us all.

These days social media mostly provides a one-dimensional view into someone's world - and it is from this limited information that we make our decisions about that world and react accordingly.

But what is behind that perfectly-crafted image, that perky smile beaming at us from our Instagram feed?

Does it tell the story of the moments that happened just before, or after, that flawless pose?





Photo by Rodrigo Souza from Pexels

Does it show the argument that may have just preceded the shot, the underlying feeling of dread and hopelessness that the person may be trying to mask, the convoluted, dysfunctional upbringing that they may be hiding?

This is the stuff of REAL stories - and it is so important to how we connect and relate to each other as human beings.

Isn't it almost a relief when a seemingly successful personality finally admits to suffering depression and anxiety? Doesn't that "admission" allow us some space to acknowledge our own suffering, feel a sense of connection with that person and thus allow us to begin to heal?

Not to say, of course, that all stories need to be about agony and pain. Humour is also a fantastic way to communicate. Judd Apatow, well-known American comedy writer and producer, when asked what makes things funny, said that it is "recognition" that makes things funny - the sheer release of knowing that you aren't alone in your own sometimes crazy thoughts and feelings.

So how can you tell your story through videos?

Videos provide a unique way to reach out to countless others with stories. The visual, aural and narrative elements of video stimulate us in a way that makes the stories engaging and, if done properly, can touch on raw emotions and move us in so many ways.

The story is always king. Time and attention must be given to the video script, if one is being followed, to ensure that a story is clear, concise and to the point, and follows a story "arc".

The speaker should be encouraged to relax and feel free to express. With someone who is camera shy, a sensitive director can help them feel at ease - by choosing an appropriate and comfortable location to film, asking relevant questions and just helping them to be generally comfortable in front of a camera so that they can tell their story in a natural, engaging way.

The visuals must be properly placed to enhance and illustrate the story. They must relate in some way to what is being talked about, to emphasise the story points. The music is absolutely essential to creating the mood - carefully chosen music can really make or break your video.

All it takes is for one person to find the courage to stand in front of a camera and tell their story. The more raw, the more honest it is, the better the engagement and sense of connection. We all want to know that others feel the same as we do, that others have the same struggles in life, the same joys, the same emotional challenges.

Through the creation of genuine, authentic videos, your story can be seen and heard by the world. You may not feel that you have an interesting story to tell, but it's guaranteed that there will always be a story that will connect with certain people. During these uncertain and challenging times there is so much noise on the internet and social media channels - and what is sorely needed is authenticity and raw honesty. And the greatest authenticity will come from your own experience, as you are the one who lives to tell the tale.

Video stories have enormous power to engage, connect and communicate - and this is key to spreading your unique message for the benefit of others and the world as a whole.



Written by:

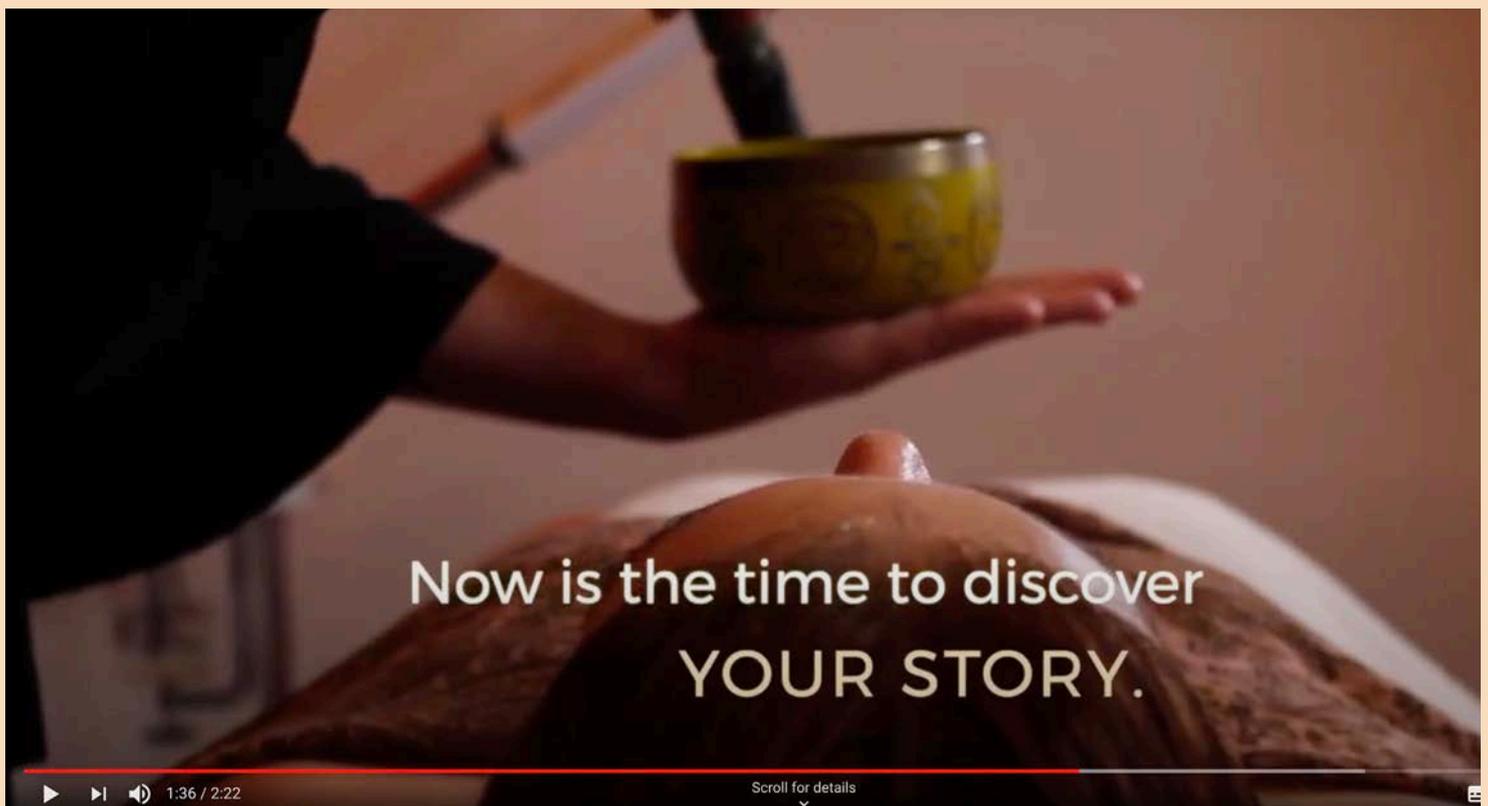
Vicki **Hansen**

Multi-Media and Music Composer
& Producer at StoryCast

Instagram: @storycastmedia

Reader Offer:

Quote code **EQ3**: storycast.com.au



@totalwellbeing.co

#equilibriumtotalwellbeing

*"Be humble, for you are made of earth.
Be noble, for you are made of stars."*

- Serbian proverb

Photo by Snapwire from Pexels

Lawrence@getrawenergy.co
Heather@getrawenergy.co
www.getrawenergy.co

To subscribe to EQUILIBRIUM:

totalwellbeing.co

Instagram: @totalwellbeing.co Facebook: @rawenergy.co



RAWenergy
Resilience - Authenticity - Wellbeing