

hey,
ARE YOU
YOU
okay?

MARIEKE DE GOEIJ

love, hope & a step-by-step guide
OUT OF BURNOUT, DEPRESSION, ANXIETY...
(... OR whatever your rough times are called ♡)

it is not
what you
think
but what you
do
that is going
to get you
through

My dearest reader,

SO HAPPY TO HAVE FOUND YOU HERE,
AND THAT YOU HAVE FOUND THIS BOOK.

IT IS HERE ESPECIALLY FOR YOU.

ALTHOUGH... IT STARTED OUT AS A GIFT TO MYSELF.

'CAUSE AS SOMEONE WHO NORMALLY WALKED
THROUGH LIFE SINGING AND DANCING, I HAD NO IDEA WHAT
THE *BLEEP* WAS HAPPENING TO ME WHEN A CLOUD OF
THOUGHTS, FEAR, AND PANIC ATE ME ALIVE.

WITHIN A COUPLE OF WEEKS I FELT UTTERLY LOST AND
CERTAIN THINGS WOULD NEVER BE OKAY AGAIN.

I WAS 100% SURE. (SPOILER ALERT: IF YOU FEEL THE SAME -
DON'T BELIEVE YOUR THOUGHTS JUST YET - AS HERE I AM
DRAWING THIS BOOK!)

SLOWLY (SLOOOOWLY) I MADE MY WAY OUT OF IT,
BY IGNORING THE 1001 THOUGHTS IN MY HEAD AND
DOING GOOD THINGS FOR MYSELF ANYWAY. AND SO WHAT SEEMED
TO BE THE END TURNED OUT TO BE A NEW BEGINNING IN DISGUISE.

WHEN I WAS IN FULL BLOOM ONCE AGAIN - AND WEIRDLY FELT
EVEN BETTER THAN BEFORE - I DECIDED TO MAKE MYSELF
THIS HANDBOOK. THE MOST LOVING ILLUSTRATED ACTIVITY BOOK
I COULD MAKE: CONTAINING ALL THE TIPS, TRICKS, AND STORIES THAT
HAD WORKED FOR ME. IF SUCH A SHITSTORM EVER HIT ME AGAIN,
I COULD GRAB THIS STEP-BY-STEP GUIDE AND NAVIGATE
THROUGH. AND I WOULD NEVER HAVE TO FEEL SO LOST AGAIN.

(or alone)

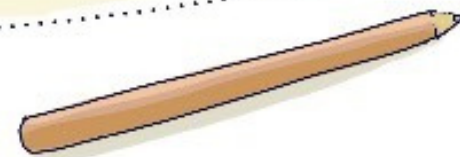
AND NOW... THIS BOOK IS HERE TO GUIDE YOU ON YOUR JOURNEY TOO.
I DON'T KNOW WHAT YOU ARE GOING THROUGH RIGHT NOW,
OR WHICH STORIES, INSIGHTS OR ACTIVITIES WILL HELP YOU MOST.
YOU WILL DISCOVER THAT FOR YOURSELF, AS YOU START WALKING
THIS PATH.

WHAT I DO KNOW IS THAT I AM HERE TO GIVE YOU HOPE,
LOVE, AND ENCOURAGEMENT; TO CHEER YOU ON EVERY STEP
OF THE WAY. JUST AS OTHERS HAVE SUPPORTED ME THROUGH
THE ROUGH TIMES TOO.

SO USE THIS BOOK ANY WAY YOU WANT.
FLIP THROUGH, CUT OUT, DRAW, WRITE. OR JUST READ.
OR NOT. THIS IS YOUR STORY NOW.

YOU WILL MAKE YOUR OWN WAY BACK, WITH THIS BOOK AS YOUR
BIGGEST SUPPORTER. YOU WILL BE OKAY, AND YOU ARE NOT ALONE.
I BELIEVE IN YOU - EVEN IF YOU CAN'T JUST YET!

lots of love, marieke ♡



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how are you doing?

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.....

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.....

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hi there my love

how are you today?

BEFORE WE START, I WANT YOU TO KNOW
THAT NO MATTER HOW UNHAPPY, SAD,
SCARED, OR DEPRESSED YOU MIGHT FEEL:
YOU ARE OK (EVEN WHEN YOU'RE NOT ♡)

 CONFUSED

 SCARED

 SAD

 ANXIOUS

 ANGRY

 RESTLESS

 RUSHED

 DESPERATE

 JUST SHITTY

 GOOD

YOUR VOTES PLEASE

(just curious about this book)

THIS IS THE LETTER I WROTE MYSELF
WHEN I STARTED MAKING THIS BOOK.
NOW IT'S YOUR BOOK AND YOU GET TO
WRITE IN IT.

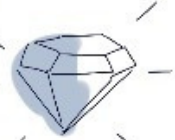
you can
start
here ↓

THIS BOOK BELONGS TO :

I AM READING THIS BECAUSE :

♥ MY DEAREST MARIEKE,

I made this book especially
for YOU - as I love you babe!
as I am writing this first page, you
are still my FUTURE SELF:



You are the person I will do anything for,
will truly love & cherish, and want to
treat as my very BEST FRIEND

So if you ever find yourself in a rut,
feel like 🍷, OR just don't know
what to do:

I AM HERE FOR YOU...

to listen to whatever you have to say,
give you a good hug OR share the things
we have learnt along the way.

AND IF, FOR WHATEVER REASON, YOU CAN'T HEAR
MY VOICE - YOU CAN FIND ALL MY LOVE & WISDOM
IN THIS BOOK.

'cause you are not alone
we're in this together

♪
Come
fly with
me ♪

It's
me!
♥

love, Marieke

YOUR NOTES HERE

LET'S GO ON *this journey together*

AND WE'LL TRAVEL FROM WHEREVER YOU'RE AT NOW, TO A PLACE AND TIME THAT'S CALM AND PEACEFUL - A PLACE WHERE WE CAN

GROW & BLOSSOM

(and simply enjoy life again)

...AND EVEN THOUGH THAT PLACE MIGHT SEEM FAR, FAR AWAY NOW, OR EVEN TOO FAR TO EVER REACH...

I KNOW THE WAY

I have been down this road before

AND BY FOLLOWING ALL THE TIPS



STORIES



ACTIVITIES

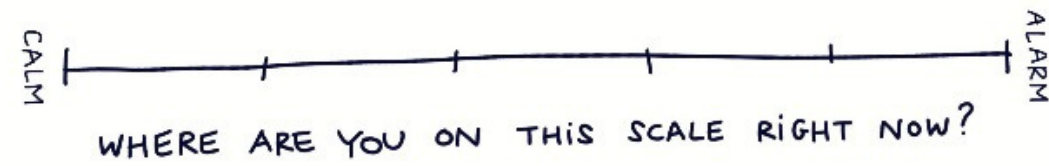
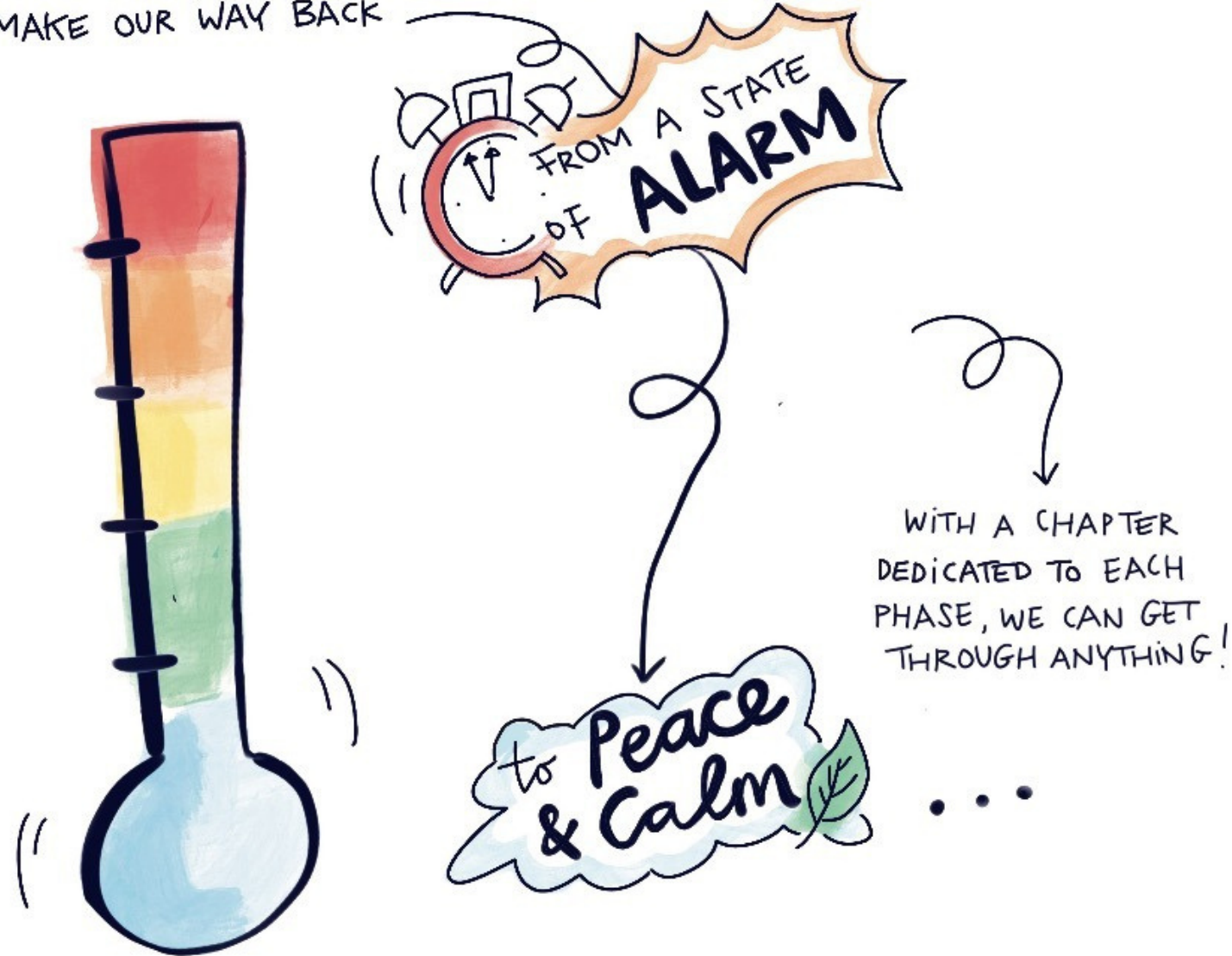
AND TOOLS IN THIS BOOK

YOU WILL FIND YOUR WAY BACK TOO

X

STEP by STEP...

WE WILL START FEELING BETTER.. JUST LIKE A THERMOMETER THAT SLOWLY SETTLES BACK TO ROOM TEMPERATURE, WE WILL MAKE OUR WAY BACK



Why do these phases take TIME?



THINK OF IT LIKE TENDING TO A LITTLE PLANT. IT TAKES TIME FOR IT TO GROW AND THRIVE, RIGHT? THAT'S NATURE. YOU JUST CAN'T PICK STRAWBERRIES FROM A SEED THAT IS STILL HIDDEN IN THE GROUND. (NO MATTER HOW MUCH YOU WISH YOU COULD!)

THE ONLY THING YOU CAN DO IS TO GIVE IT ALL THE WATER, LOVE, SUNLIGHT & NOURISHMENT IT NEEDS, AND TRUST THE PROCESS. BE PATIENT. 'CAUSE ALL THAT TIME, LOVE & CARE WILL DEFINITELY MAKE THAT SEED GROW TOWARDS THE LIGHT...

and so your thoughts will change too honey... even if you don't yet believe it.



I DON'T CARE WHAT YOU SAY, THINGS WILL NEVER GET BACK TO NORMAL

HELP ME, I'M UNSURE I'LL EVER BE OK AGAIN

HMM... THINGS MIGHT BE MOVING IN THE RIGHT DIRECTION

HEY, I'VE ACTUALLY FELT PRETTY GOOD LATELY

WOW, I ACTUALLY FEEL BETTER THAN B.C. (BEFORE CRISIS)

nothing in life is constant, not even this shitty feeling ♡

YUP. YOU CAN DRAW
HERE IF YOU FEEL LIKE IT

TRAVEL TIPS

DON'T FORGET

#1.



we've got
time

#2. this book
only works if you
DO



sorry my
love,
IT'S AN
ACTIVITY
BOOK ♡

YOU WON'T MOVE
FORWARD JUST
BY READING
ABOUT THE
JOURNEY :)

#3.

we'll take
it → **step** by **step**

SO SECRETLY SKIPPING
THROUGH TO THE END
WON'T WORK EITHER ☺



So SWEETIE
will you join
me on this journey?

pick your
suitcase



(NO WORRIES, WE'VE GOT TIME. AND I'LL BE HERE WHEN YOU NEED ME!)



THEN LET'S GO!
WE'RE ON OUR WAY TO





Thank you. For being here. It's my wish for you that these pages give you hope. You need to know that you're not alone! Whatever your thoughts tell you, you will get out of this, you can feel better! And if you (like me back then) can't believe this, the book is here for you.

By using this link I can send you the book today!

<https://heyareyouokay.com>

Did you know that the Dutch copy already helped over 17.500 people? It's unbelievable all the lovely messages I receive, every week.

★★★★★
Belinda Amama geverifieerd
14/12/2022 ★
Recommended Book!
Fantastic book, as if the author is talking to you with a lot of compassion and her catchy drawings. Very valuable and highly recommended for anyone dealing with depression. It gives recognition, comfort and perseverance!
Also an eye-opener for the practitioners and family and friends of those who suffer from depression.

★★★★★
F.D.
30/01/2023 ★
Not only for females!
hey guys,
Don't be put off by the amount of hearts and smiling ladies in the book! For me it has been a very nice and loving support and source of inspiration during the recovery from my burnout! Recommended for all ladies and gentlemen (anyone or anything)!

★★★★★
Chantal de Wit geverifieerd
18/12/2022 ★
I'm half way through the book now. I like it very much! Beautiful design, not heavy because of the drawings, good assignments, beautiful texts and I feel so understood, the feeling that you are not alone. In short, I am very satisfied and happy that I bought this book!