



Your Daily Practice

Episode 38

How to Be a Healthy Deviant with Pilar Gerasimo

According to Pilar Gerasimo, a healthy deviant is someone who willingly defies our unhealthy societies norms and defaults in order to achieve a higher than average level of resilience, vitality and autonomy. We are swimming in a sea of unhealthy default reality and in order to be healthy, we need to go against the norm.

Practices to try this week:

1. Have a conversation with another person this week about healthy deviance.

- Share notes. What are you doing that makes you a healthy deviant? Brainstorm ideas with others and find community.

2. Notice your ultradian rhythms.

- When does your energy decline during the day? When do you have more energy? Respond to your body's needs with movement and rest.

3. Practice creative context sensitivity.

- Pick some healthy deviant habits you want to develop and do them across different contexts. If you want to move more, how can you move more while at your kids sports game? If you want to be on your phone less, how can you be on your screen less even at work?