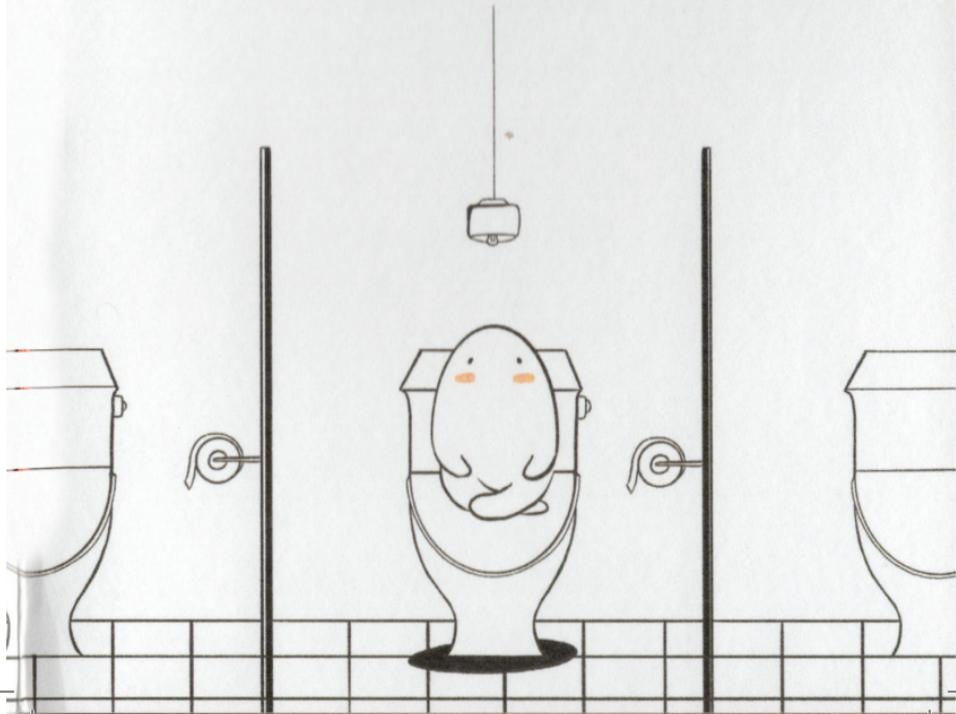
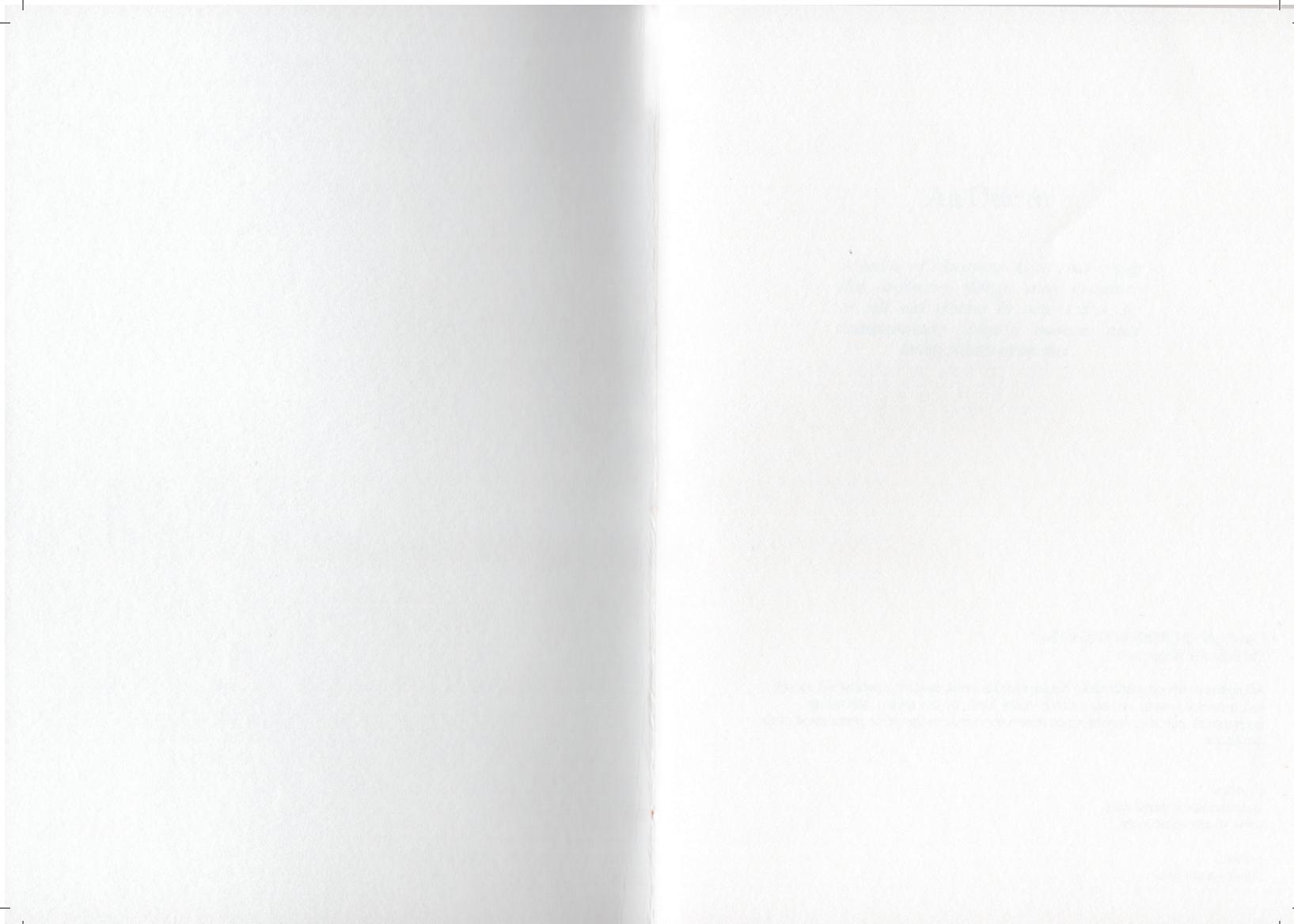


AN ODE TO THE TOILET CUBICLE

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Ei Xue Han





An Ode to

*A series of illustrations to rearrange
the ordinary things into insights;
to tell old stories in new ways; to
communicate what's unseen and
bring it into existence.*

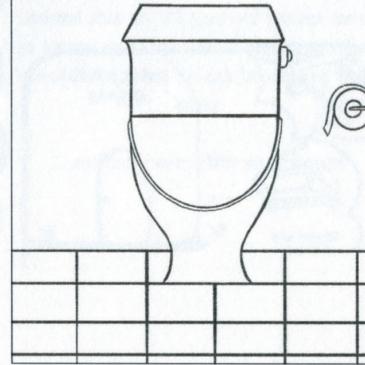
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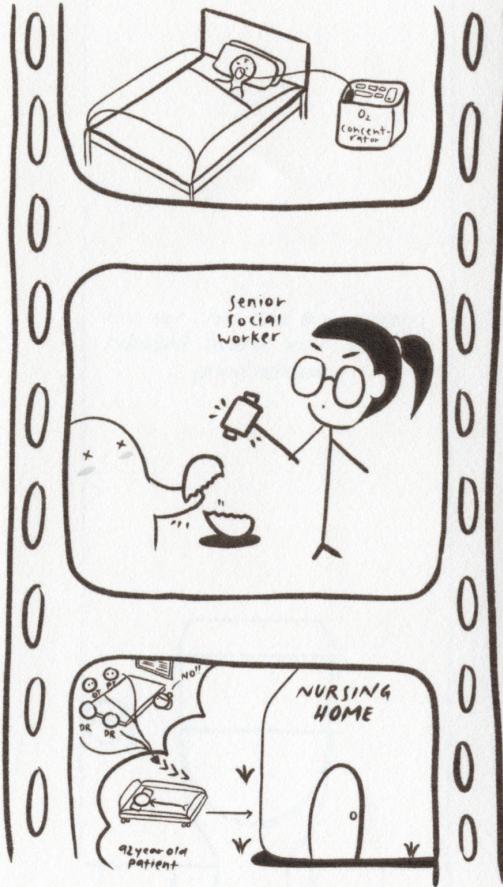
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Editor:
Shakespeare Sim

*For my Dad and the weary,
numbed hearts who need a
good release.*





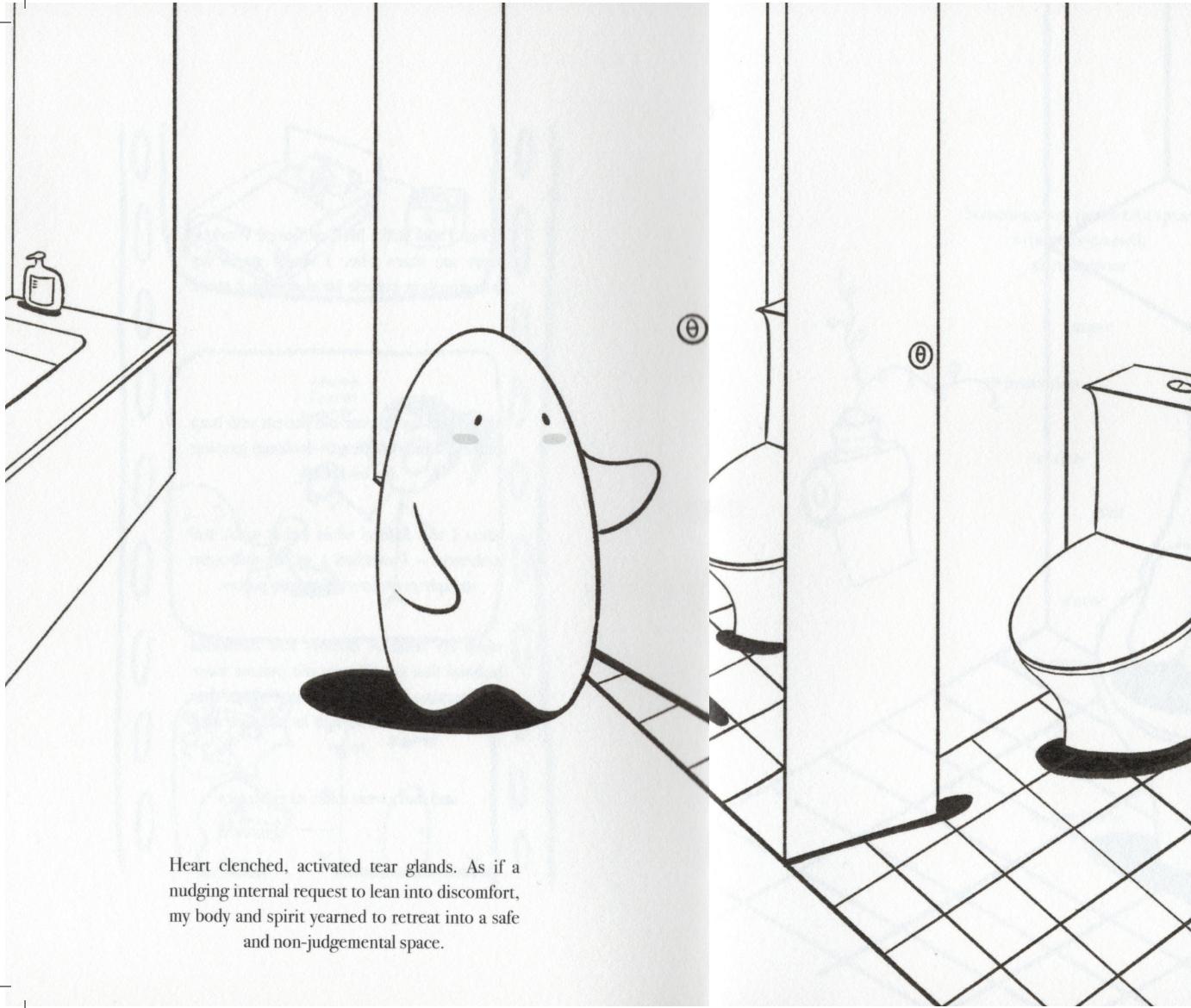
When I was still a Medical Social Worker,
there are times when I would go to my
favourite were cubicle for more than 5 mins:

when I saw my 83 year-old patient with lung
cancer (skinny and fragile-looking) gasping
for his breath

when I was faulted while being open and
authentic — I watched a senior colleague
trample my vulnerability into pieces.

when my team of doctors and therapists
insisted that my 92 year-old patient move
to a nursing home without exploring other
possibilities, even though he did not want
to go

... and there were many more stories



Heart clenched, activated tear glands. As if a nudging internal request to lean into discomfort, my body and spirit yearned to retreat into a safe and non-judgemental space.



Sometimes you just need a space
to be with yourself;
allowing your

anger

frustration

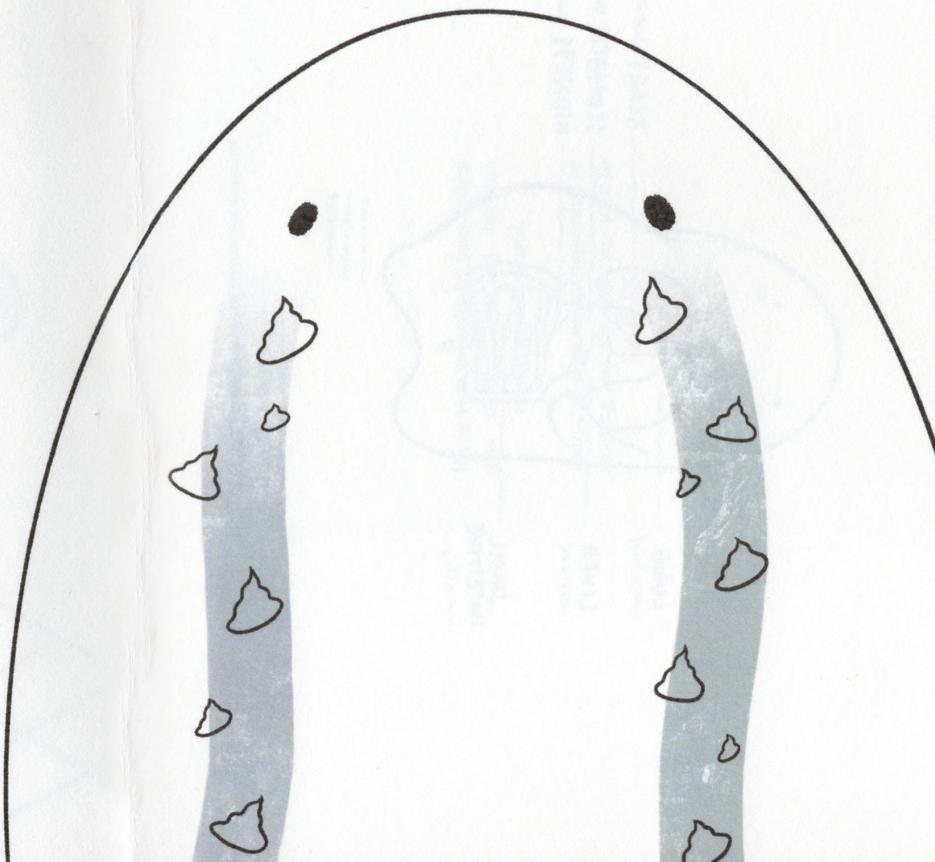
anxiety

grief

shame

helplessness

to flow freely.



Just like how we need to detox physically, to get rid of the toxins in our body, we need to detox emotionally as well.

Just... "cry the shit out."

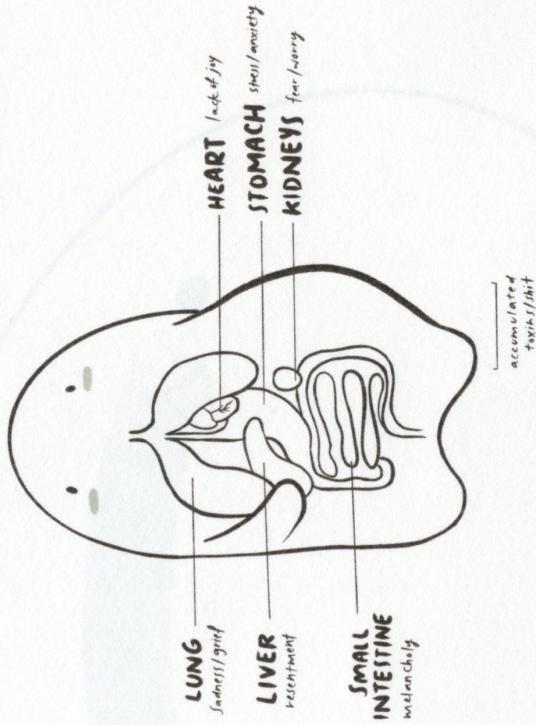
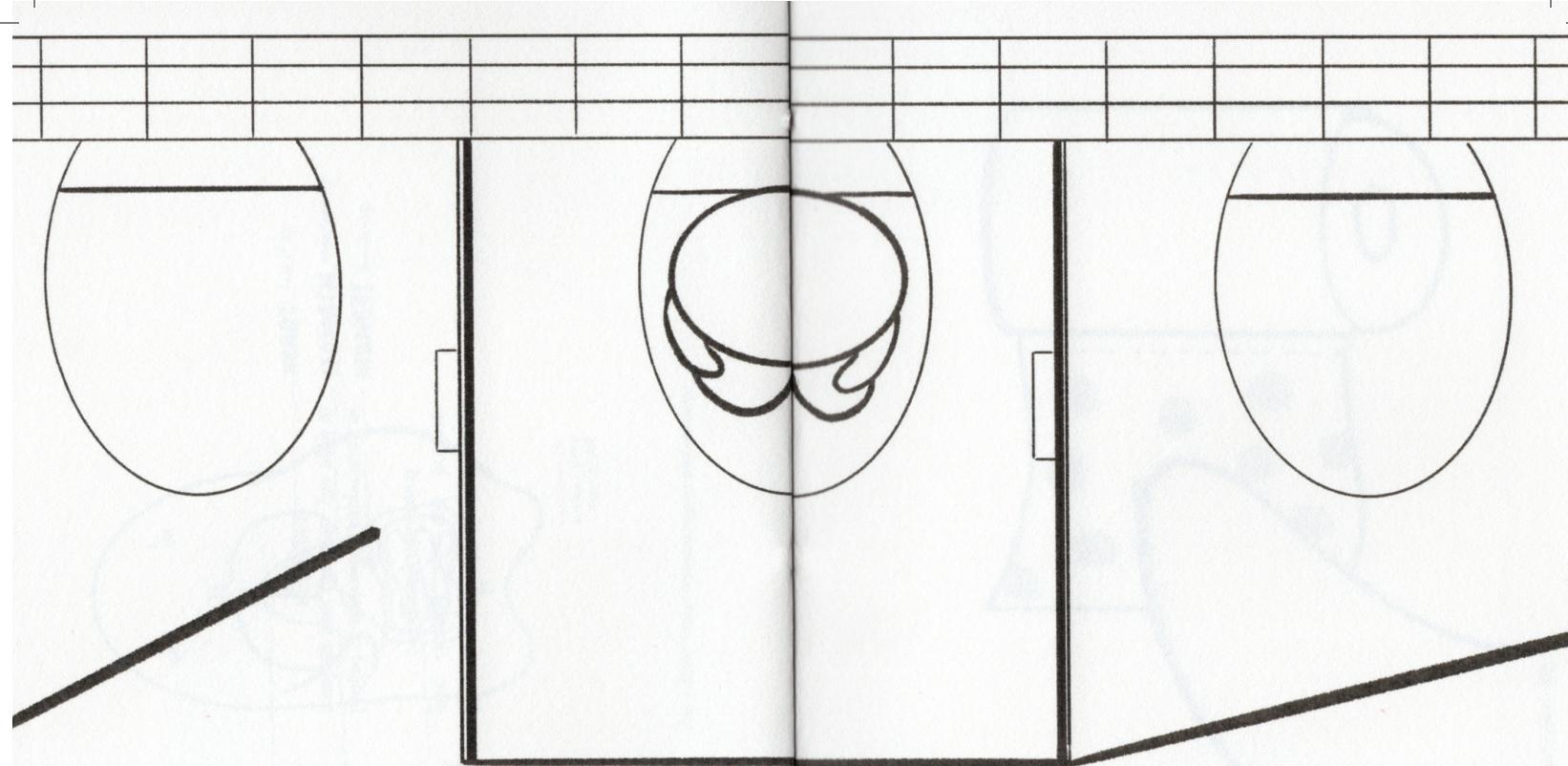


Fig. 1 Relationship between organs and emotions

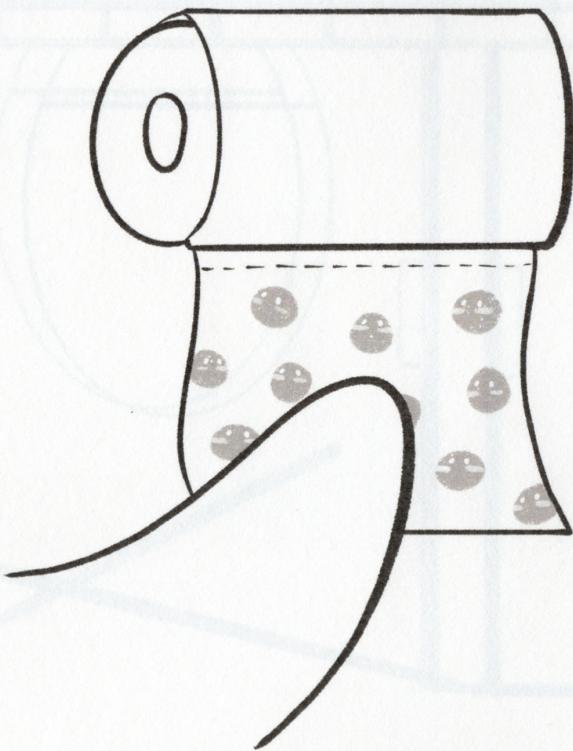
If you hold your shit in, your system gets clogged up, and becomes emotionally intoxicated.

Instead of repressing, suppressing or numbing your emotions, you need to RELEASE!



I wish I could control my detox time to be 5 minutes max. But sometimes the only way to be in control is to be able to let go of control and release completely.

Nobody shits halfway.



And the toilet paper's comforting presence, silently allows you to be **you**. It is also there when you need to reach out to wipe your tears away.

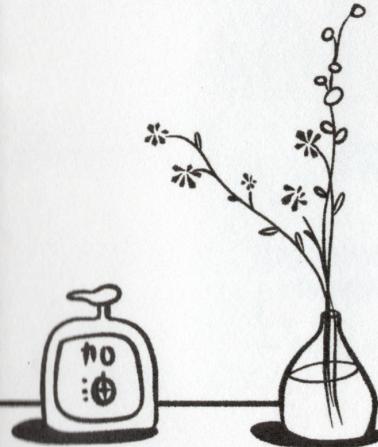
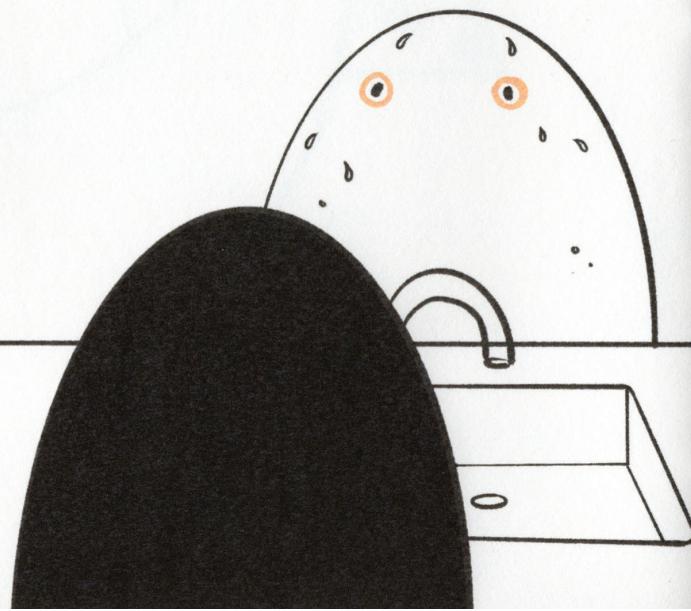


May you be that toilet paper in someone else's life.

Whenever you are ready to face the world
with your puffy red eyes, walk out of the
cubicle. Be unafraid to tell your story
when others ask,

"how are you?"

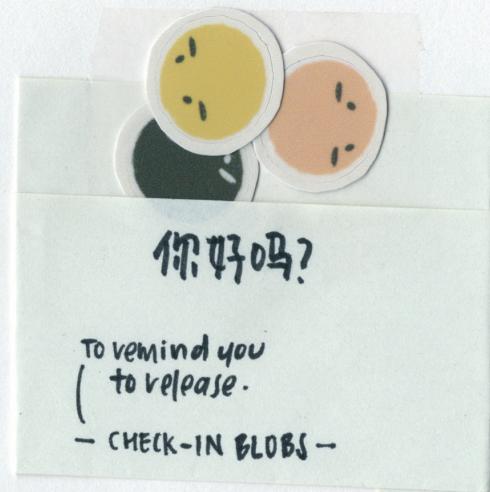
Be unafraid to be human.



Ei Xue Han is an interdisciplinary artist. Apart from being a jagua tattoo artist, she is deeply involved in facilitation for social-emotional learning, identity development, culture-building, and is a strong advocate for natural health wellness.

Through her journey into the realms of social work, art and faith, she seeks to use illustrations, design, branding and beauty to usher people into the rhythm of human experiences: healing, becoming and creating.

Find out more at www.yuuuxuchan.com and
instagram @beanspirit_.



An Ode to the Toilet Cubicle

情绪平衡

emotionally balanced



嗨
你
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别
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