

## ***ALL OF ME - SYNOPSIS***

Allison, like most of us, goes through life with some helpful navigators along the way. She knows them as Left Brain and Right Brain. Left is task oriented, loves routine and keeps things organized. Right, the creative, emotional one, fuels the artist in Allison. She needs them to be working in harmony to succeed both in her personal life and her career as a digital designer.

When Allison's boss hands her a near-impossible project, but with the opportunity for a promotion upon success, she is suddenly under enormous pressure. Thinking that a night out will help to calm her nerves and help her forget about the upcoming workload, Left and Right Brain help Allison decide to go out for a night of booze and dancing. Their plan unfortunately backfires when Allison works herself up into a panic attack, triggering her brain into an emotional spiral.

That night Allison is thrown into a stream of intense nightmares. When she awakens, she finds two more members have taken up residence inside her head, Anxiety and Depression. Left and Right Brain are less than pleased by their arrival to the forefront of the brain. Chaos ensues when the four launch into an argument over the day-to-day operations of Allison's brain. Anxiety and Depression wear down their opponents, and eventually convince Left Brain and Right Brain to hand over Allison to them for the day. With Anxiety and Depression free to feed Allison doubt, fear, exhaustion and pain, her life outside her brain begins to suffer.

Over the next week, we see how Allison's life is affected. She triggers a fight with her boyfriend and misses work. While trying to distract herself from the tiring inner conversations her brain is shouting to her, Allison begins to sketch how Anxiety and Depression look in her eyes. Taking a step back to look at her renditions, Allison realizes how much they are harming her, and just how sick Left and Right brain are.

Upon her return to work, Allison's boss immediately starts to lecture her about her poor performance, threatening to remove her from the project she was given. Allison decides to quit her job right then and there. Anxiety is enraged, yelling at her and trying to regain control but, Allison fights back, and finds a way to silence both Anxiety and Depression.

Left Brain and Right Brain gain back their strength, and together they help Allison find the help and support that she needs to keep Anxiety and Depression away for good.