

# Subway Therapy

When people are overflowing with emotion, help channel their energy into something good.



Subway Therapy is about making people smile, laugh, and feel less stress. Matthew believes people grow and learn through dynamic conversation. "For the last several years I imagined going outside with a table and chairs to talk to people. I don't know why, but it was always something I wanted to do. What got me thinking in this specific direction was the concept of absolution. How do people feel better when they feel bad? There are so many people walking around with extra emotional weight. I am very lucky to have family and friends that help me process events that happen in my life, but what if someone doesn't have a family to turn to or friends to support them? What if they don't have a community to be a part of, or access to therapy? This is a complicated problem with no clear solution. About ten months ago, I sat with a book people could write their secrets in, and I had a little sign that said Secret Keeper. More often than not, people would just talk to me instead of writing something down. Seven months ago, Subway Therapy was born. Lately, the project has evolved and I have been using sticky notes to give people an opportunity to transform their stress into something beautiful." (Matthew "Leeve" Chavez)

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