

Accolades for MEGAN PHILLIPS:

“Funny and honest... a **light-hearted, critical look at a very contemporary topic**” – CBC ★★★★★

“Simultaneously hilarious, disarming, and serious, *Not Enough* is **an artistic achievement** in dramatizing a complex psychological state.” – VUE WEEKLY ★★★★★

“Touching and cleverly constructed...a **warm and assured stage presence.**” – VANCOUVER SUN

“**Undeniable charisma** and **command** of the stage... **powerful physicality, spot-on comedic timing**, and acting chops that’ll take you by surprise.” – ROOM MAGAZINE

“For anyone who has struggled **with anxiety, depression, shame, and/or feelings of abandonment**... most audiences can – and will – learn from the show.” – MONTREAL THEATRE HUB

- Named Business Insider’s [Top 10 Things to Do in Edmonton](#)
- [CBC’s Top 5 Fab Female Shows](#) of 2016’s Winnipeg Fringe
- Named Vancouver Presents’ [Top 10 Shows to Watch](#)
- Featured on [Global Breakfast Television](#) and [CBC’s The Early Edition](#)
- As featured in Vancouver’s [Daily Hive](#) and [Richmond News](#)
- Awards for other shows: Winner of Ed Mirvish Entrepreneurial Award (Toronto Fringe), Best of Fringe 2015, Outstanding New Play, Outstanding Production, Outstanding Ensemble, Outstanding Direction (NOW magazine)

ADD-ONS AVAILABLE FOR COMMUNITY ENGAGEMENT:

- **PERISCOPE:** 65-min autobiographical solo comedy exploring abandonment, disillusionment with Disney Happy Ever Afters, and [not] finding Happiness in a Pill.
- **THE ANXIETY SHOW:** booked comedy show and open mic where individuals have 5-10 mins to share their firsthand experience with mental health.
- **WORKSHOPS: Comedy for Confidence Workshops** use comedy, writing, and performance exercises to gain perspective on mental health issues, especially around anxiety/depression. Attendees leave with concrete tools useful for practical application in daily life. For all comedy/performance/writing experience levels, 13+

See more at www.meganphillips.com

TESTIMONIALS – NOT ENOUGH

“For most people being in the audience is relaxing and very enjoyable watching whatever form of art they are there to see. For me, having a panic attack last year. ... My anxiety swiftly moved me [on this day] out the doors of the theatre gasping for air, in tears, with my head down trying not to make eye contact ... on my way out. It's been about four years since discovering I have anxiety disorder. By mid year four, ... **I have accepted that anxiety will be a part of my life, but it can be in the normal 10%- 20% range** like most worries that are normal to have. It doesn't have to run my life on full tilt all the time. Megan's one woman show is her story about how she confronted her anxiety. It's **honest, emotional, and hilarious**. It was so wonderful to see someone make light of some of the insanity that can occur in the thought process when you're feeling anxious. It means so much to me to see people talking about this, and creating awareness. *Not Enough* is an **amazing platform to start the conversation about anxiety**. I strongly recommend the show to anybody who has experienced anxiety, or anyone that has someone their life that has been faced with it. Aside from Megan's great writing and acting, and the amazing direction of the show done by TJ Dawe ... **If anyone understood me, it was her**. And she was in the spotlight, flipping anxiety the finger. The biggest part of "recovering" in any aspect of my life is hearing people's stories. You really can't put a price on that openness and honesty. For the few moments I talked with Megan, I really felt her strength, without it hiding that fact that she has struggled, and she's ok with that. **I believe there's a certain amount of humility that one must have in regards overcoming our demons. Megan's got it**. And she humbly shares herself with the audience... **GO SEE THIS SHOW!** - JESS RAE EYRE, MUSICIAN

When you see something so special that it **sticks with you over several months**, you can assume that it meant something. I have yet to see a performance like this that **riveted me to my seat immediately**. The chant of NOT ENOUGH started as soon as Megan began her performance. She was funny. She was sad. She was hurt and confused. Every story she told in that one hour brought me to a place in my own life where I could connect. **I felt so many of the feelings that were spilling off the stage** and a **strange sense of relief washed over me**. I've been dealing with this for a lot of years and I never stop growing, but even so, the **validation** I felt sitting in Megan's audience swept through me and **stayed for not just minutes or hours after the performance, but for months**. Don't we all want to be understood? At least a little? I spend so much time balancing fighting to get the message out about the damage of stigma and curled in a ball on my bed feeling invisible and all the bad things I believe others think. Mental illness is a liar. Mental illness is egotistical and selfish. I am constantly trying to fight my way through the stickiness of the cobwebs that are holding me back. When I saw Megan on that stage, something changed. We are all fighting. We may not always get it right, but we have two choices: stay curled in a ball or fight through the cobwebs.

Move forward. Megan's NOT ENOUGH was like **a wink and a smile from the stage**. A confirmation that yeah, she's nuts too and maybe things are gonna be all right after all. – **LORI LANE MURPHY, MENTAL HEALTH ADVOCATE AND CREATOR, STORIES LIKE CRAZY**

It is wonderful for people to see this show and start to recognize themselves in it and consider another mode of being. You spent the majority of the show totally seated and yet it didn't feel stagnant. It was so **strong and powerful** – sometimes when I do compassion work like that with my clients people assume compassion is weak and light, when in fact it is strong and authoritative. I was real moved by the voice depicted. Your performance was **grounded and playful**, good character work. The depiction of Anxiety was teenaged and scrappy, but also unrelenting and never satisfied. It's tough to personify because, when you look at it saying "you're better than this you don't need it", and "you're useless", it's hard to track what it wants – something I think this show reveals well. That's useful because we can be strung along by that voice without questioning it. **I'm really glad this kind of work is getting out there – so many people are suffering and don't realize there could be a different way of living.** - **ALEC TOLLER, THERAPIST AND DIRECTOR**