



THE EMERGENCY BRAIN MENU

for when your brain is doing... whatever this is. ♥

TODAY MY BRAIN IS...



- ☐ Too loud
- ☐ Too tired
- ☐ Overthinking everything
- ☐ Irritated by literally everyone
- ☐ Unable to make one more decision
- ☐ Weirdly restless
- ☐ Just... ????



♥ TODAY'S MENU ♥



TOO LOUD?

Brain dump. No grammar.
No organization. Just get it OUT. ♥



TOO TIRED?

Pick one thing.
The rest can wait. ♥



TOO MANY CHOICES?

Choose the easiest
acceptable option. Done. ♥



RESTLESS?

Five-minute detour:
stretch, walk, music,
window stare. 🎵 ♥



EVERYTHING IS ANNOYING?

Water. Snack. Silence.
Reassess. ♥

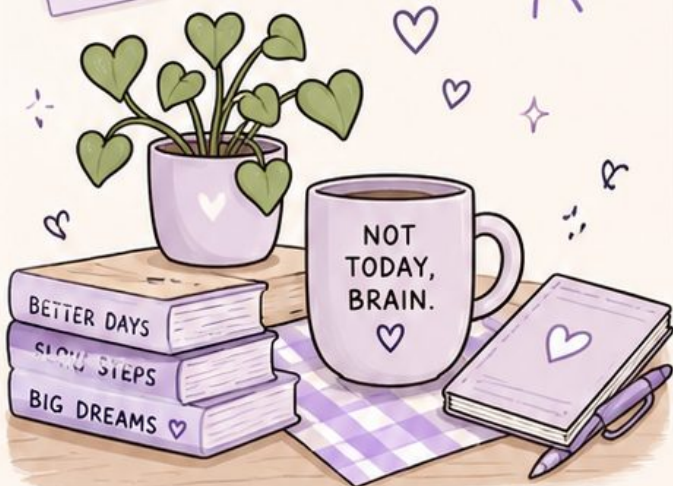


OVERTHINKING?

Ask: "Do I need to solve
this right now?" ♥

today's
special:
be kind
to your
brain. ♥

There are
too many options
on the menu designed
specifically to reduce
my options. ♥



★ TODAY'S SPECIAL ★ LEAVING YOURSELF ALONE ♥

served with zero guilt. ♥

you are
enough
- even on
the hard
days. ♥

