

A TINY RESET FOR WEIRD DAYS

for when nothing is technically wrong,
but everything feels... off. ♥

QUICK SYSTEM CHECK

- ☐ Have I eaten something?
- ☐ Have I had water?
- ☐ Have I been inside all day?
- ☐ Have I talked to another human?
- ☐ Have I been staring at a screen for approximately 900 years?
- ☐ Am I tired?
- ☐ Do I need quiet... or company? ♥

WHAT KIND OF "OFF" IS IT? ♥

- ☐ brain loud
- ☐ body tired
- ☐ emotionally ???
- ☐ overstimulated
- ☐ lonely-ish
- ☐ everything is irritating me
- ☐ literally no clue ♥

ONE TINY THING THAT MIGHT HELP ♥

Not fix everything. Just make the
next ten minutes 3% nicer. ♥

THINGS I DO NOT HAVE TO FIGURE OUT RIGHT NOW ♥

Maybe today
is just a
weird day. ♥

You don't have to
turn every feeling
into a problem
to solve. ♥

♥ Eat something. Drink something. Go outside for five minutes.
Reassess the plot. ♥
No major life decisions until further notice. ♥