

A QUICK CHECK-IN

EVERYTHING FEELS LIKE TOO MUCH.

Before you decide your whole life is the problem, check the basics and find the one thing that actually needs your attention.

- ☐ Have I eaten?
- ☐ Have I had water?
- ☐ Have I been staring at a screen for way too long?
- ☐ Is there one thing I am avoiding that is making everything else feel louder?
- ☐ Do I need quiet, movement, help, food, sleep - or ten minutes where nobody asks me anything?
- ☐ What is actually mine to deal with today?
- ☐ What can wait until tomorrow?
- ☐ What can someone else do?
- ☐ What is the ONE thing that would make today easier?

You do not need to fix Evrything.

Pick one answer above. Make that part easier first.