

A little pause *for a loud mind.*

You do not have to untangle everything today. Start with what is here. Write a sentence, a few words, or as much as you want.

01 / REFLECT

What feels loud in my mind right now? What feeling might be underneath it?

02 / REFLECT

What can wait today, and what would a small moment of rest look like?

I can pause before everything is done.

Educational reflection, not individualized care. Skip any prompt that does not fit.

In the U.S., call or text 988 for crisis support; call 911 for immediate danger.

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A little room *for my needs.*

Notice where you are stretching beyond your capacity. You can care about others while making space for yourself.

01 / REFLECT

Where am I saying yes when part of me wants to say no?

02 / REFLECT

What is one limit I could express in a clear, kind way, in a situation where I feel safe?

My needs deserve room, too.

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A little honesty *about what I need.*

Sometimes we need listening. Sometimes company or practical help. Take a moment to name what support could look like.

01 / REFLECT

What do I wish someone understood about what I am carrying?

02 / REFLECT

Who feels safe to reach out to, and what specific kind of support could I ask for?

I can ask to be heard without having all the words.

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A little trust *in my own voice.*

Start with a small, everyday choice. You can make room for your own preferences without needing complete certainty.

01 / REFLECT

What do I want or need, before considering what everyone else might choose?

02 / REFLECT

What is one small next step that reflects something I value?

One moment. One choice. One small step.

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