

## SAYS

"I need a break."

"I don't want to think too much right now."

"Everything feels too much."

"I just want something calm."

## THINKS

"I feel overwhelmed most days."

"I don't want to fix anything."

"I need something simple."

"I want a quiet moment for myself."



## DOES

Scrolls through her phone mindlessly

Avoids serious or heavy content

Takes short tea breaks

Leaves sites that demand attention

## FEELS

Mentally tired

Slightly anxious

Emotionally drained

Seeking comfort