Tiny Survival Guide

Protect Your Mornings
[or whenever you wake up]
- less cortisol, more intentionality.

Go Outside
[or look outside]
- perspective, context + something larger than this.

Be Active
[avoid stagnation]
- in body, mind, spirit;

Cultivate Relationships
- those that are edifying + healthy.

Nurture Gratitude
- what is one thing, right now, that is going well?

Detox
- if navigating addictions, be wise + safe
- limit news + social media.

Spend Time with Animals
- ↓ stress hormones, ↑ comfort:

Metabolize All You Are Experiencing
- re-regulate your nervous system.

Simplify
[less is more]
- be aware of decision fatigue + cognitive overload.

Admire Art
- the gift of feeling transported.

Laugh
- pure humor = a sustaining force.

Foster Humility & Extend Grace
- self-righteousness + hubris = unhelpful.

Sleep
- to cleanse + repair brain + body.

Clarify Intentions
- how can I refrain from causing harm, how can I contribute meaningfully?

Be Realistic + Compassionate
[with yourself]
- be mindful of the quality of your presence, it means so much to others.