

# Small Shifts for Lighter Days

These aren't habits to maintain forever.  
They are tiny moments that bring you back to yourself.

## 1. Step outside for 3 minutes

No walk. No goal. Just light, air, and a nervous system reset.

→ *Joy lives in small interruptions, not big plans.*

## 2. Drink one thing slowly

Coffee. Water. Tea.

Sit down. Take five real sips.

→ *You're allowed to enjoy what you already have.*

## 3. Tidy one surface only

A counter. A nightstand. A bag.

Stop when it's done.

No "while I'm here..."

→ *Completion creates calm..*

## 4. Say one kind thing to yourself out loud

Try:

- "I'm doing the best I can today."
- "This doesn't need to be perfect."
- "I can handle the next small step."

→ *Your nervous system believes what it hears.*

## 5. Do something unnecessary on purpose

Light a candle.

Play music.

Open a window.

Laugh at something dumb.

→ *Joy doesn't have to earn its place.*

Sometimes joy begins when you stop deciding and let yourself breathe where you are.

