A SOFT RESET

The Low-Battery Menu



LOW IS OK

No routine to follow. No boxes to check. Just pick what might help.

01 MY BRAIN IS FULL

- Turn off one source of noise or notifications.
- Write down the one thought you keep juggling.
- Choose what truly needs doing; park the rest.

02 MY BODY IS DONE

- Eat the easiest available thing. It counts.
- Sit or lie down without making it productive.
- Make one task smaller, or ask someone to do it.

03 MY FEELINGS ARE BIG

- Find a spot where no one needs you for five minutes.
- Say: "I need a minute before I can talk."
- Let the feeling exist without solving it yet.

04 MY PEOPLE BATTERY IS EMPTY

- Send: "Low energy today. Not ignoring you."
- Choose quiet company instead of conversation.
- Let one invitation be a no, or a not today.

IF EVEN THIS FEELS LIKE TOO MUCH

Start smaller: water, food, medication as prescribed, rest, or one text asking for help.

You do not have to earn a break by getting everything done.