



SHORT STORIES FOR MENTAL SHIFTS

# RESTROOM RESILIENCE



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# **Restroom Resilience**

Short Stories for Mental  
Shifts

Gábor László Hajba

This book is available at  
<http://leanpub.com/restroomresilience>

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*To those seeking moments of clarity, even in the  
most unexpected places. May these stories bring  
lightness, resilience, and a smile to your day.*

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# Introduction: A Moment for Mental Resilience

In the busyness of life, we rarely stop to reflect. There's always something demanding our attention—work deadlines, social obligations, or the endless scroll on our phones. But there's one place where time seems to slow down, where we get a small window of solitude: the restroom.

Yes, I know what you're thinking. The bathroom may not seem the most profound place to foster resilience or mental clarity. But it's often in these unexpected moments—these quiet, mundane breaks from the world—that we find space for thought. In these short minutes, you can scroll your feed... or pause, reset, and shift your perspective.

Imagine your mind as a cluttered room. Every time you step into this space, you add more

thoughts, worries, and stress. But what if you used quiet moments to clear it out, one small item at a time? You don't need hours of meditation or grand gestures. Sometimes, a tiny shift in perspective is all it takes to start feeling lighter, clearer, and more resilient.

That's where *Restroom Resilience* comes in. This collection of short stories is designed to offer you a mental refresh in the time it takes for a quick break. Whether it's a humorous mishap that helps you see the lighter side of things or a small but powerful insight, each story is crafted to leave you with more than just a chuckle.

So, take a deep breath next time you find yourself in the bathroom. Instead of reaching for your phone, open this book. You never know what slight shift in thinking could make all the difference in your day.

Because resilience isn't just built in the grand moments—it's built in the small pauses, the quiet in-betweens, and even in the restroom.

Enjoy the read, and may these stories bring a smile and a sense of clarity to your day.

— Gabor

# The Unsent Email

Sarah stared at the email she had just drafted. Her finger hovered over the send button, her heart pounding in her chest. This was the email—the one where she finally told her boss what she thought about the never-ending workload, the constant demands, the lack of appreciation. She could feel the tension building up, the words she had typed simmering with frustration. This was her moment to let it all out.

Except... it wasn't.

She hesitated, rereading the words. They felt good, powerful even, but something about them didn't sit right. They were fueled by a wave of anger, the kind that crashes hard and leaves destruction in its wake. But Sarah had learned something in her years of navigating office life: reacting in the heat of the moment rarely led to the outcome she wanted.

She leaned back in her chair and sighed. A trip to the restroom was in order—not just to cool down, but to take a break, physically and mentally.



Sitting in the quiet of the bathroom, she began to feel the tension unravel. The small, tiled room offered a kind of solitude she hadn't realized she needed. It was a break from the noise, the pressure, the endless expectations. Here, away from her inbox and the impulse to react, she found a moment of clarity.

Sarah's mind began to shift. The email she had drafted wasn't just about her boss or her workload—it was about something deeper. It was about how she was feeling—overwhelmed, unappreciated, and stretched thin. But the truth was, no angry email would fix that. What she needed was a conversation. A real one. Calm, clear, and thoughtful.

By the time she returned to her desk, Sarah deleted the email and opened a fresh draft. She wrote something different this time—still honest, but without the sting of frustration. She hit “send” with a clear mind, knowing she had chosen the right path.

# The Coffee Spill Revelation

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