

1

Drink some water, some juice, tea, anything. Drinking water helps me to clear the brain fog a bit.

2

HAVE A NAP IF YOU'RE TIRED

Know what your body and mind needs - sometimes you need to reset, but...

3

DON'T STAY IN BED ALL DAY!

Stay in bed as long as you need, but not all day. Get up, get some light and a change of scenery.

4

GET DRESSED

Put on some nice, comfy clothes to make you feel a little more human.

5

CRY

If you can, do it. It doesn't have to be 'about' anything, sometimes it's too complex. Just get it out.

6

TALK

Again, it doesn't have to be complicated. Just letting someone know how you are can be a big weight off.

7

DISTRACT YOURSELF

If there's something in particular bothering you, give yourself a total break from it and distract yourself.

EAT SOMETHING