

WHEN THE WORLD  
FEELS DIM:  
COMING BACK TO LIFE  
AFTER LANGUISHING

30 days of  
healing messages

Welcome. I'm so glad you made it.

Like so many others, I have really struggled since 2020, since the pandemic, in my case.

The smallest, most mundane things are just too difficult.

I wake up feeling like I've been run over by a truck.

I go to sleep with my mind racing with

all the things

I couldn't do

today.

Studying to become a life coach has really helped. It's given me a sense of purpose, made everything feel a lot less pointless. The mental, emotional, spiritual exhaustion is still with me but it isn't anywhere as bad as it used to be. I know what it's like, though. And I want to help.

If everything just feels TOO HARD,  
please understand:

You are not lazy.

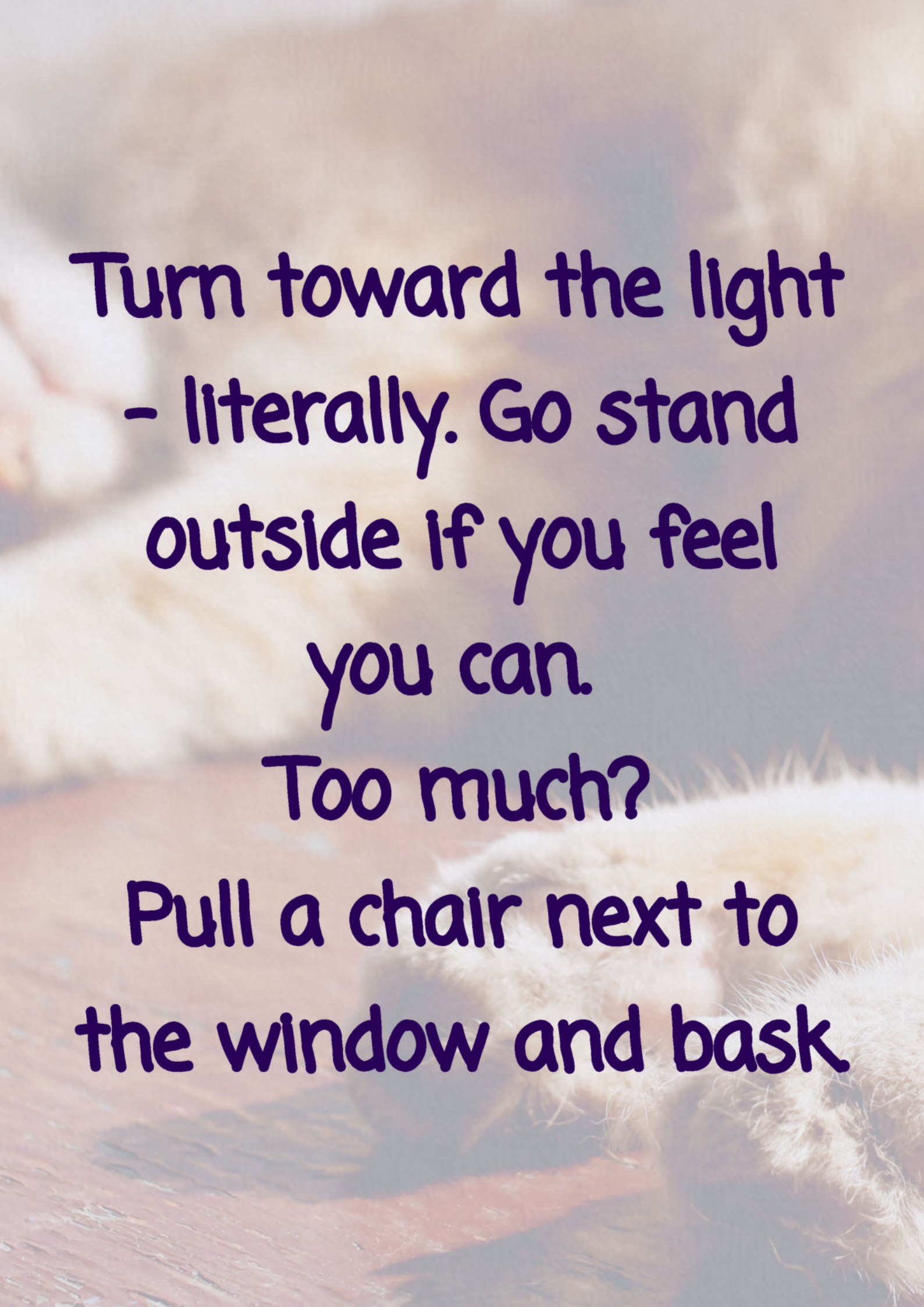
You are not incapable.

You are probably depressed.

Depression and languishing are close companions. Please do seek appropriate professional help.

But I'm here to say even this feeling is temporary. We've created these 30 messages of hope to help ease you back into being. No pressure. Just gentle suggestions to start to engage with life a little more.

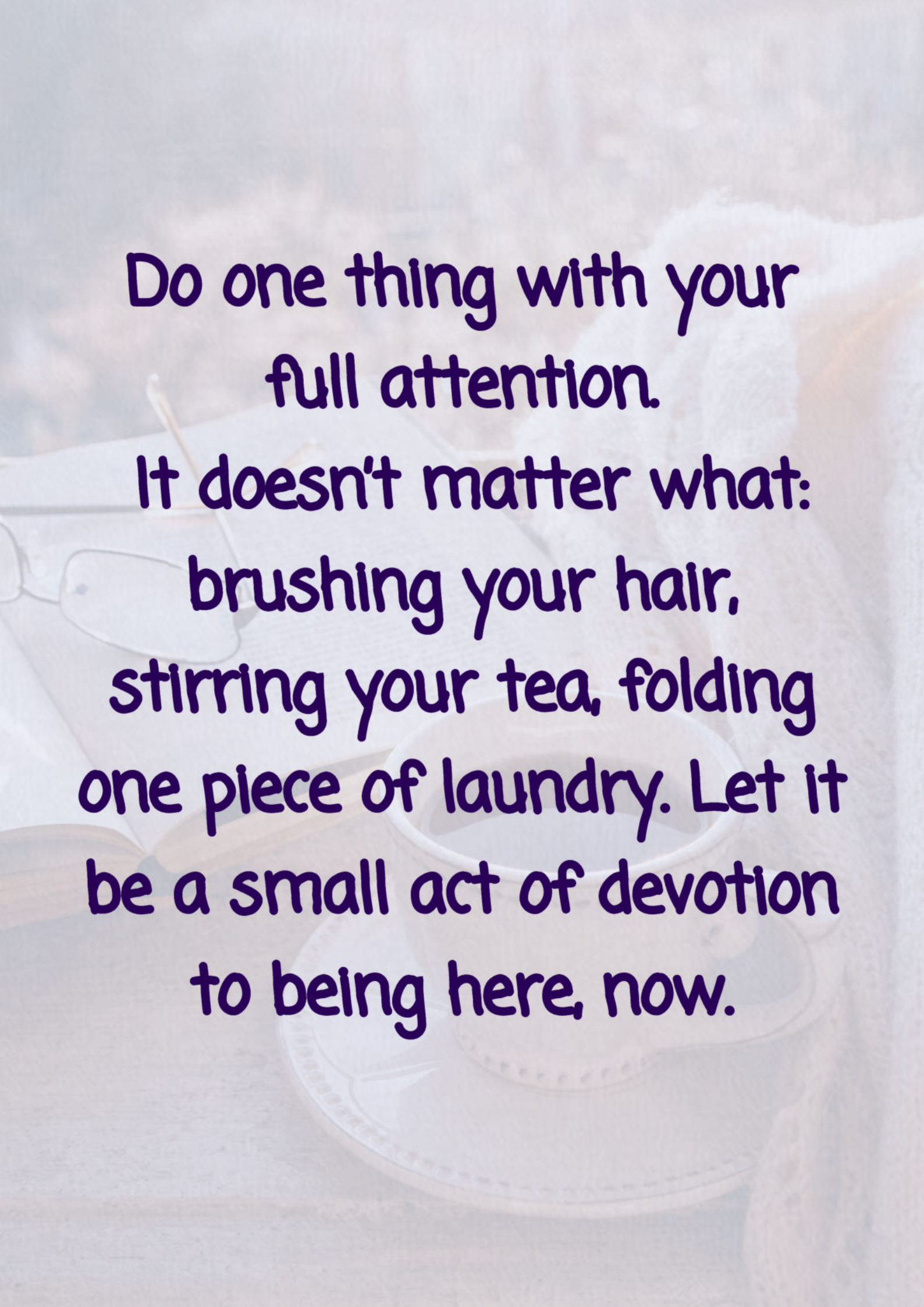
Healing does not always look like progress. Sometimes it feels like the softest breeze. Take your time. You are allowed to take your time.

A fluffy, light-colored chick is positioned on a wooden surface, possibly a deck or boardwalk. The chick is facing away from the camera, towards a bright, hazy light source in the background, which creates a strong backlighting effect. The text is overlaid on the image in a dark, bold, sans-serif font.

Turn toward the light  
- literally. Go stand  
outside if you feel  
you can.

Too much?

Pull a chair next to  
the window and bask



Do one thing with your  
full attention.

It doesn't matter what:  
brushing your hair,  
stirring your tea, folding  
one piece of laundry. Let it  
be a small act of devotion  
to being here, now.

A background image of a bed with white linens and a bouquet of white flowers.

Make your bed and lie in it.

But this time, not in  
shame. Make your bed soft  
and safe. Rest on top of  
the covers and whisper,  
"I'm doing my best."  
(Because you are.)

Play a song you used to  
love. Not to dwell in the  
past—just to prove to  
yourself that joy still lives  
in your bones.



Touch something soft and  
notice the way it feels.

Your sweater.

A pillow. The cat.

Let texture anchor you.

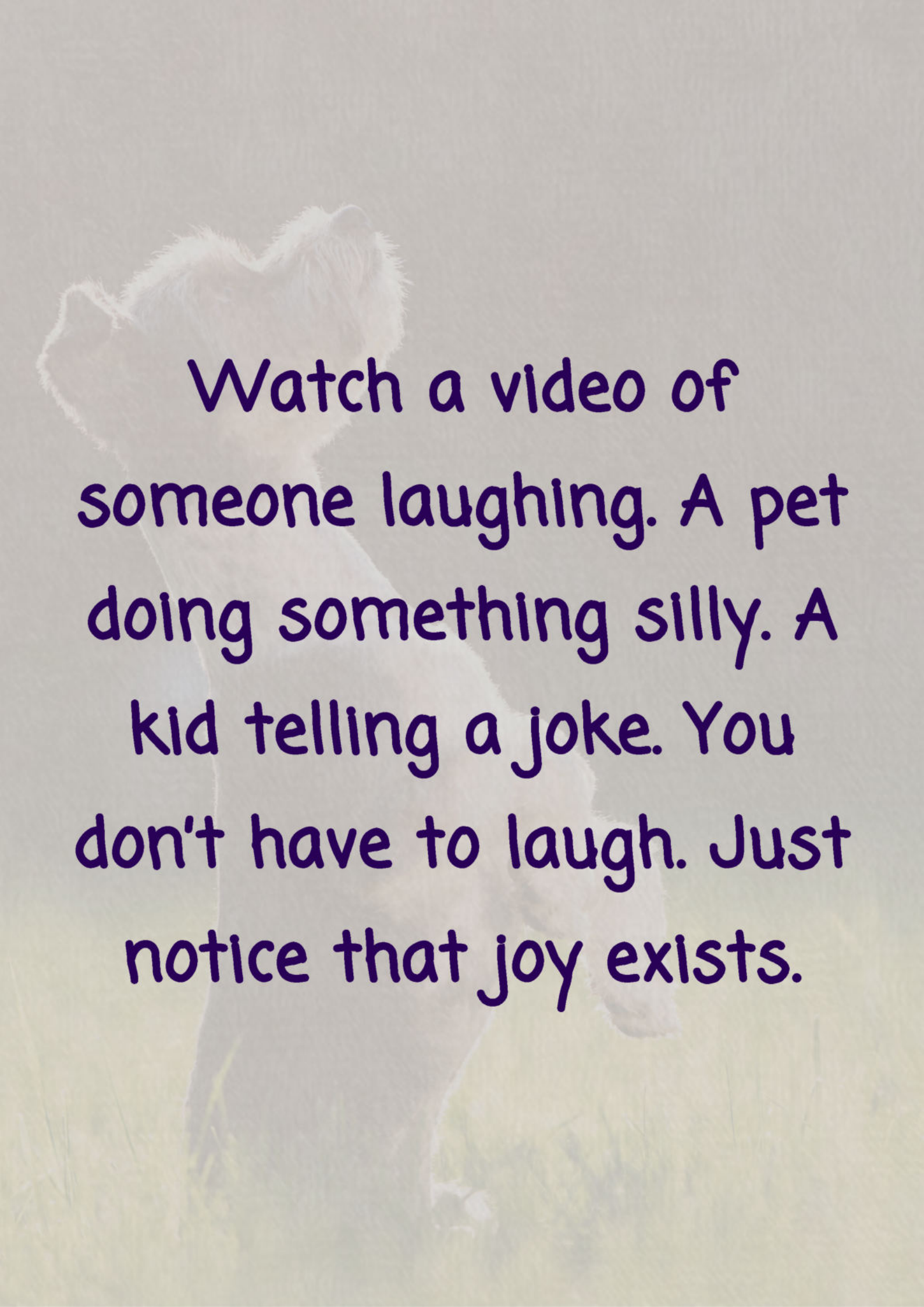
Stretch like a cat. Move  
one limb. Hold for one  
breath. See if your body  
wants to keep going. If  
not, that stretch was still  
enough.





Look up at the stars.

Let them be big while you  
be small.

A white dog is captured in mid-air, jumping joyfully in a grassy field. The dog's front legs are tucked up towards its chest, and its hind legs are pushing off the ground. The background is a soft-focus green field with some taller grass visible in the foreground. The overall mood is one of pure happiness and freedom.

Watch a video of  
someone laughing. A pet  
doing something silly. A  
kid telling a joke. You  
don't have to laugh. Just  
notice that joy exists.

Draw a heart on a  
sticky note.

Fold a paper star.

Make a sandwich.

Let your hands remind  
you: you still create.





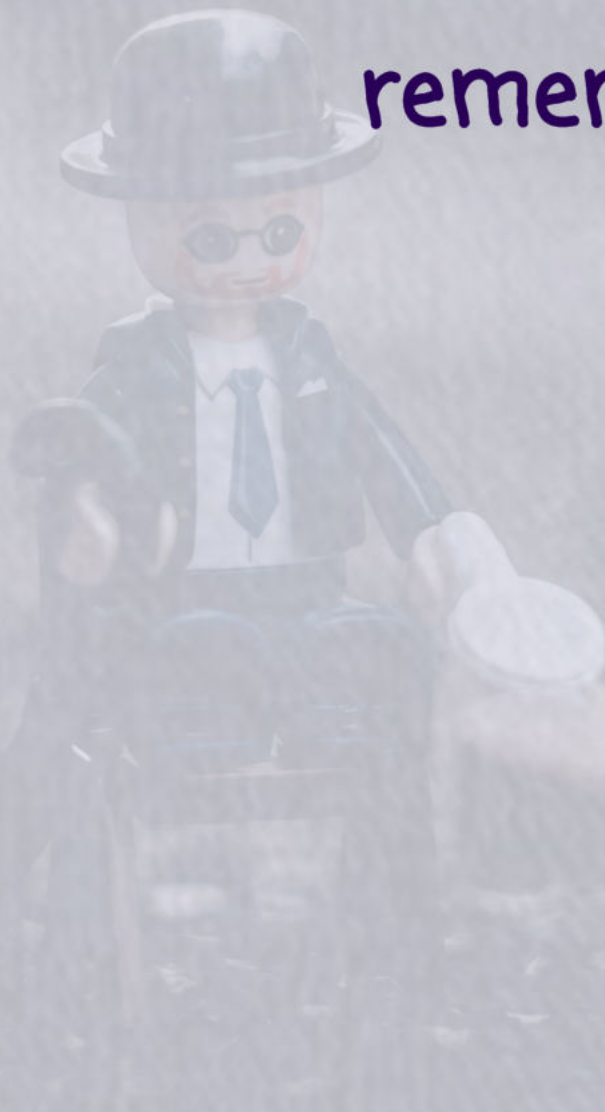
You aren't lazy.

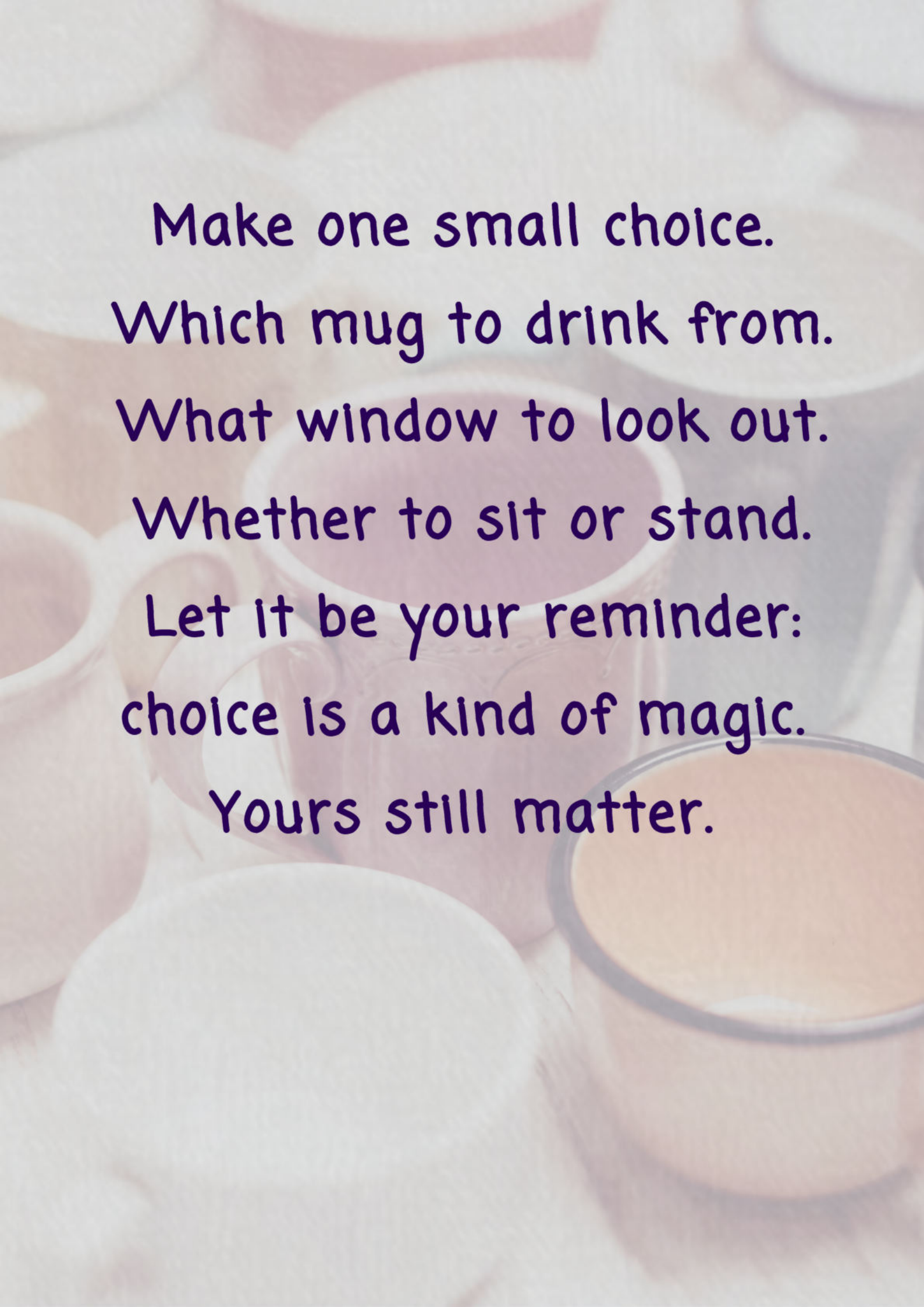
You feel like you've been  
digging ditches but you  
haven't left your room.

This feeling is real.

Don't lose hope.  
You can heal.

Place something meaningful  
beside your bed.  
A photo. A souvenir.  
A Lego minifig.  
Let it catch your eye in the  
quiet moments.  
You still care. Let yourself  
remember.





Make one small choice.  
Which mug to drink from.  
What window to look out.  
Whether to sit or stand.  
Let it be your reminder:  
choice is a kind of magic.  
Yours still matter.



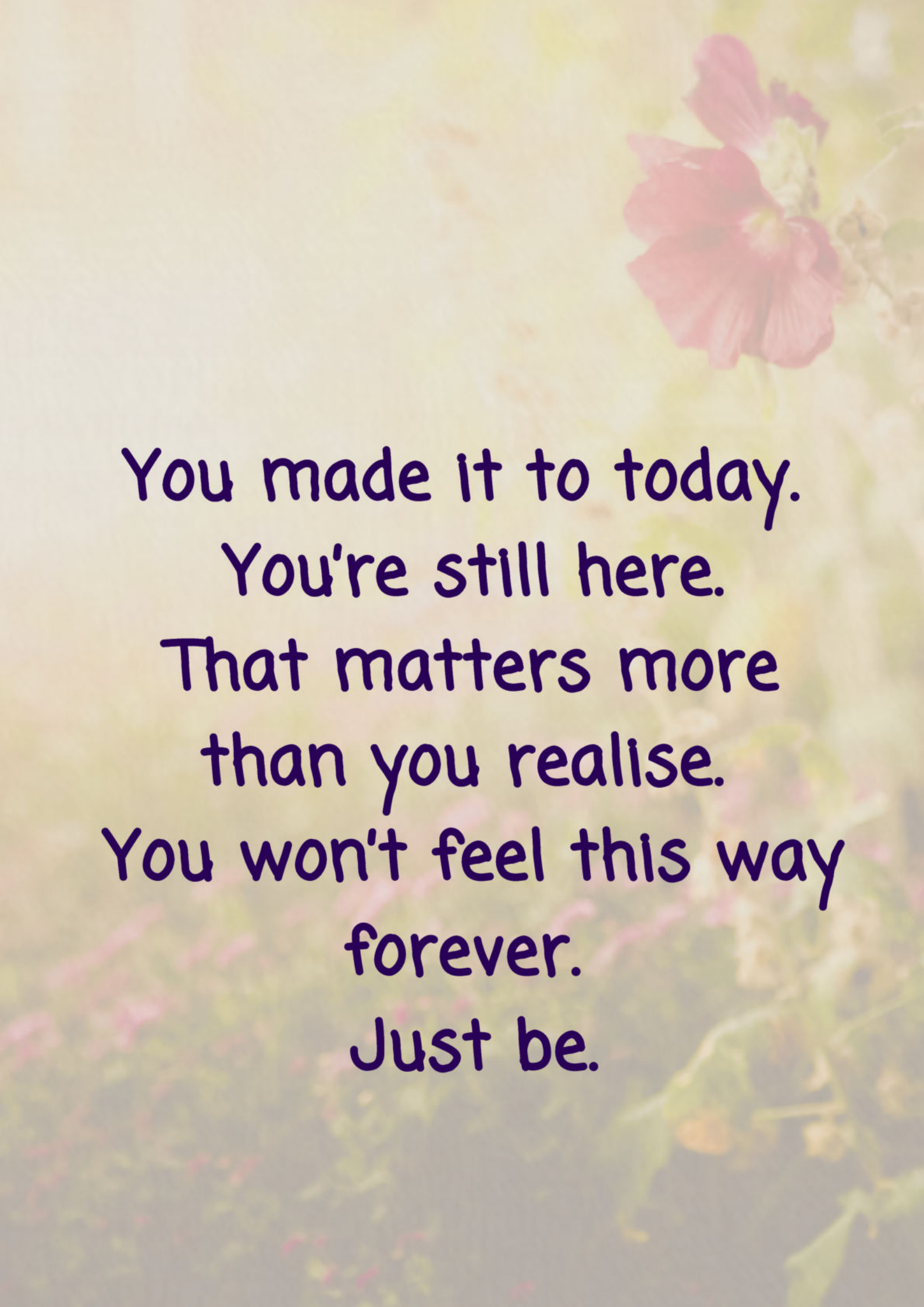
Put one thing where it  
belongs.

A book on a shelf.

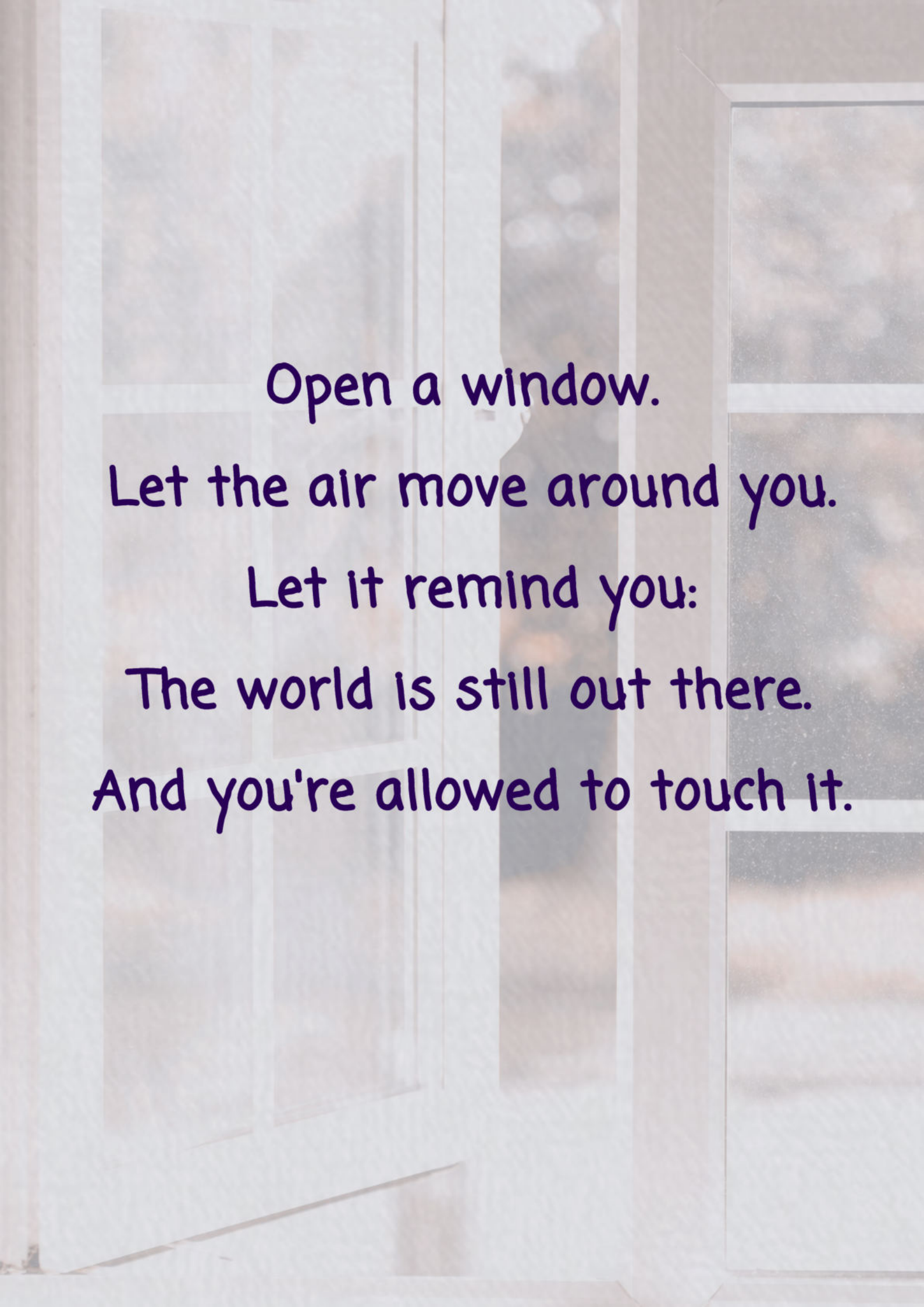
A sock in a drawer.

Your hand over your heart.

Let small acts hold  
significance.



You made it to today.  
You're still here.  
That matters more  
than you realise.  
You won't feel this way  
forever.  
Just be.



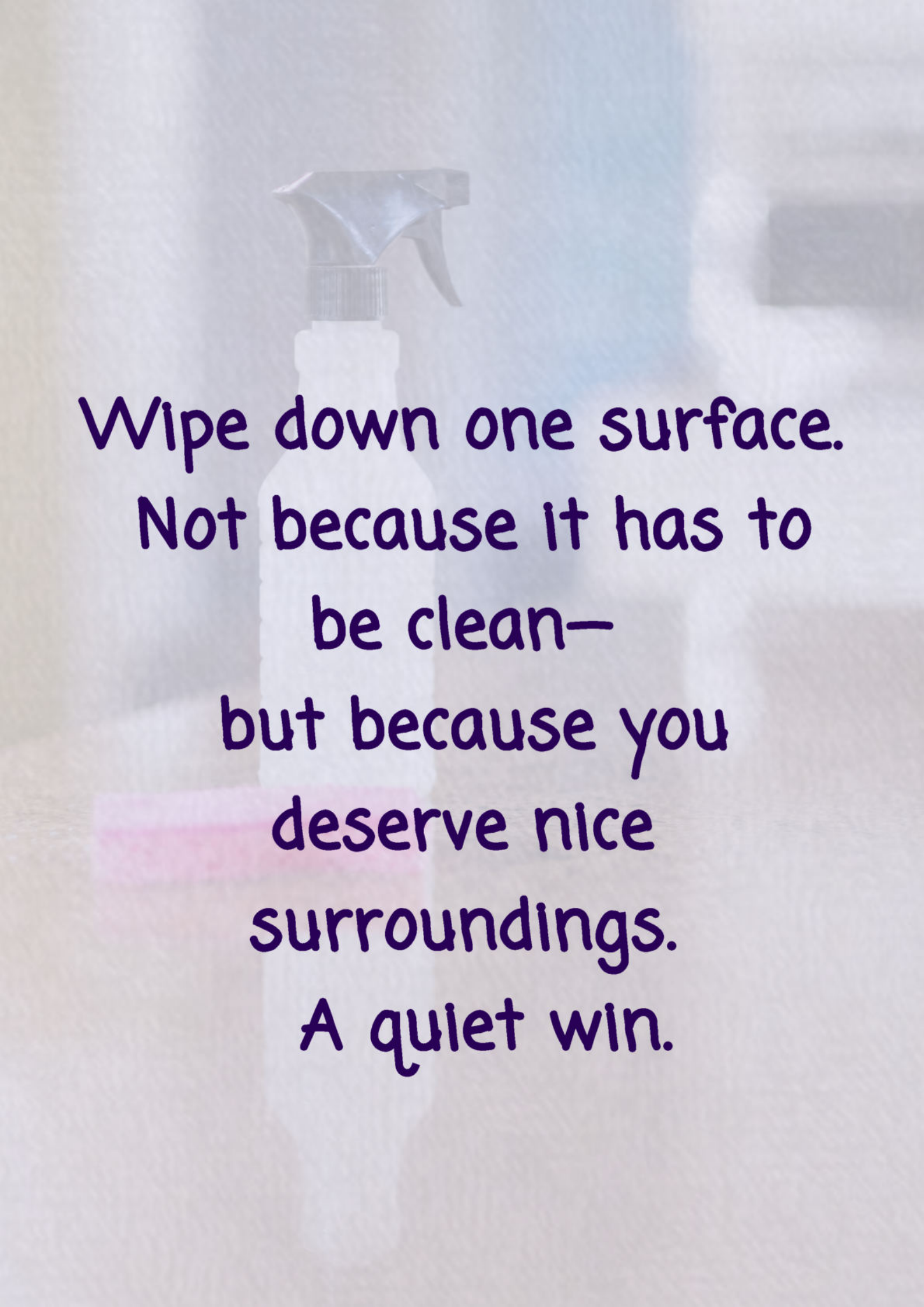
Open a window.

Let the air move around you.

Let it remind you:

The world is still out there.

And you're allowed to touch it.



Wipe down one surface.  
Not because it has to  
be clean—  
but because you  
deserve nice  
surroundings.  
A quiet win.



Reach out to someone.

A friend. A cousin.

Someone you like but haven't  
spoken to in a while.

No pressure. No big chat.

Just: "Hey. Thinking of you."

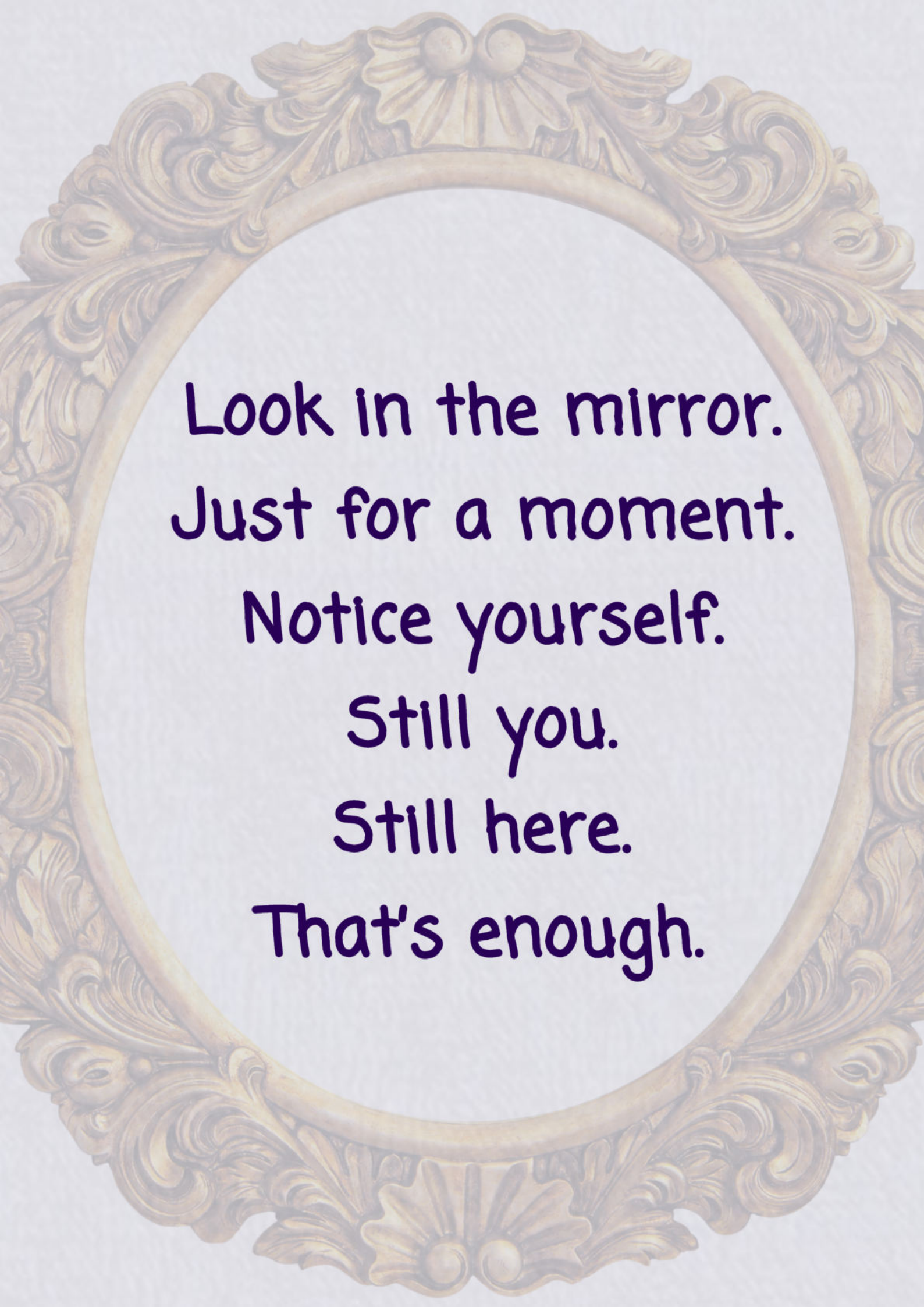
Because you can. Because  
connection still matters.

Change what you're  
listening to.


Music. A podcast. Silence.

Movement doesn't have  
to be physical.





Look in the mirror.  
Just for a moment.  
Notice yourself.  
Still you.  
Still here.  
That's enough.



Send a meme.  
Forward a cat video.  
Reaching out doesn't  
have to use words.

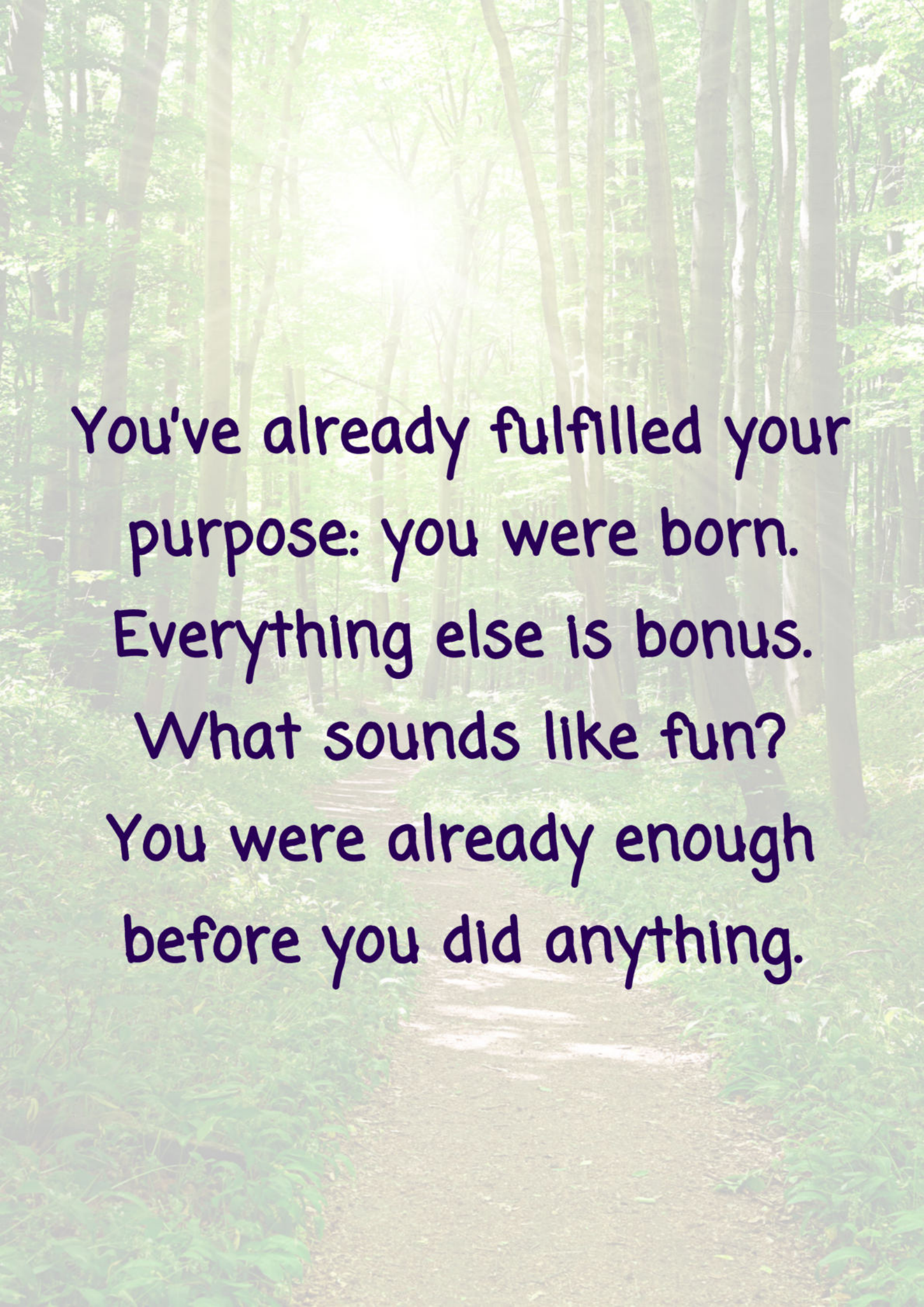
Say what's true, out  
loud.

"I'm tired."


"I'm here."

"I don't know."

Even quiet voices  
deserve space.

A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a bright, hazy glow in the upper center. The path is surrounded by lush green foliage and tall, thin tree trunks. The text is overlaid in a dark purple, casual font.

You've already fulfilled your  
purpose: you were born.  
Everything else is bonus.  
What sounds like fun?  
You were already enough  
before you did anything.

A meerkat is the background image for this text. It is sitting on a light-colored, textured surface, possibly sand or a rug. The meerkat has light brown fur with darker stripes on its back and tail. It is looking directly at the camera with a neutral expression. The text is overlaid on the meerkat's body in a dark purple, rounded font.

Watch a video of an  
animal being silly.  
Offer your pet a treat.  
Or pet the neighbor's cat  
through the fence.  
Let affection move you.

Recycle one thing.

Pick up one bit of litter.


Or just notice the way  
leaves move in the wind.

Let care ripple outward.

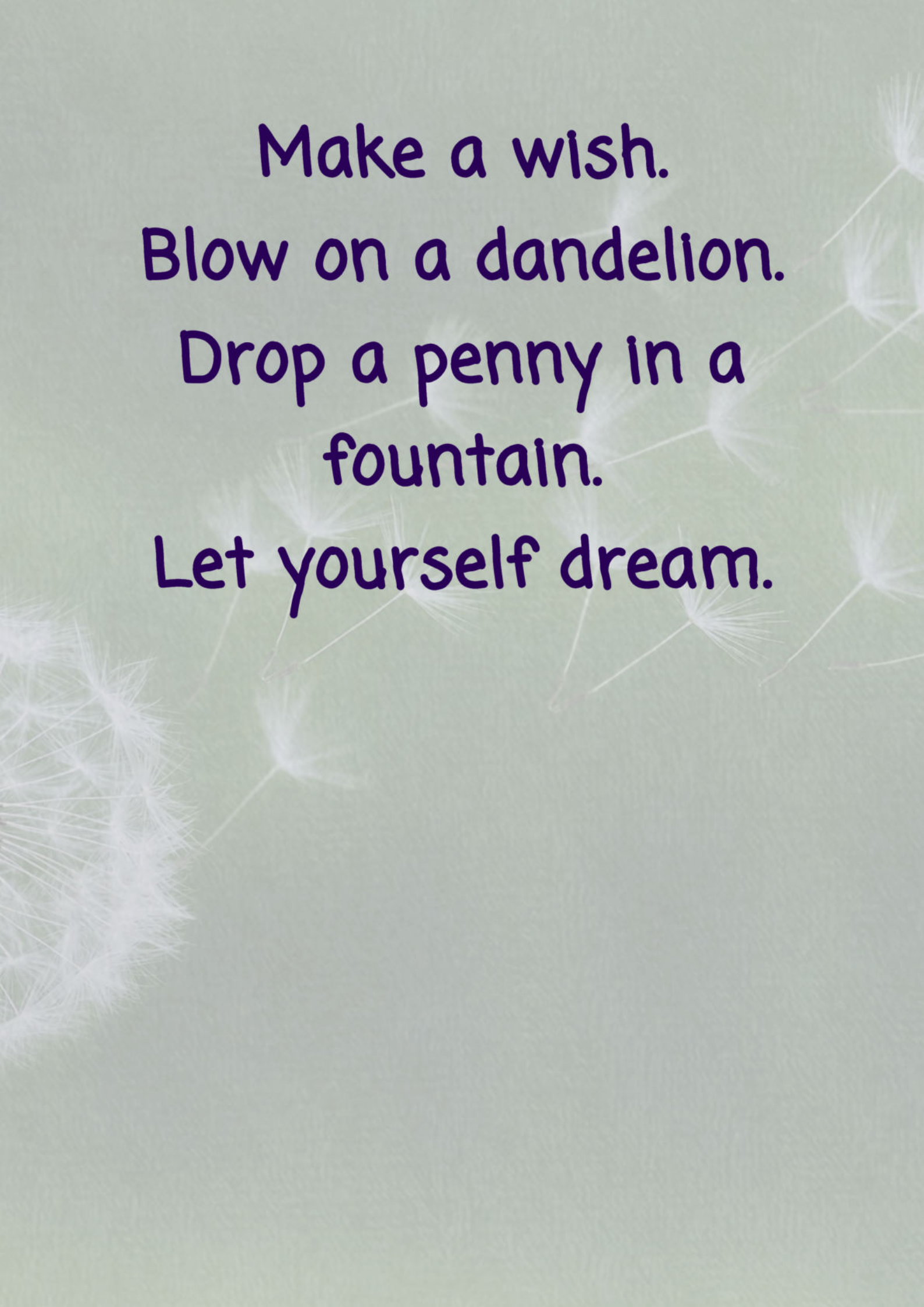


Wave to someone.  
Smile at a delivery  
driver.  
Like a friend's post.  
Tiny acts. Still  
connection.



The background is a soft-focus photograph. It features a light-colored, possibly ceramic, vase filled with several branches of small, round, orange berries. A lit candle is visible in the lower part of the frame, its flame creating a warm, glowing effect. The overall color palette is muted and warm, with a lot of white and light beige tones.

Create beauty:  
Light a candle.  
Arrange fruit in a bowl.  
Curate a bookshelf.

The background of the image is a soft, out-of-focus green. Scattered across this background are several white dandelion seed heads, some in sharp focus and others blurred, creating a dreamy, ethereal atmosphere. The text is overlaid on this background in a dark purple, handwritten-style font.

Make a wish.  
Blow on a dandelion.  
Drop a penny in a  
fountain.  
Let yourself dream.

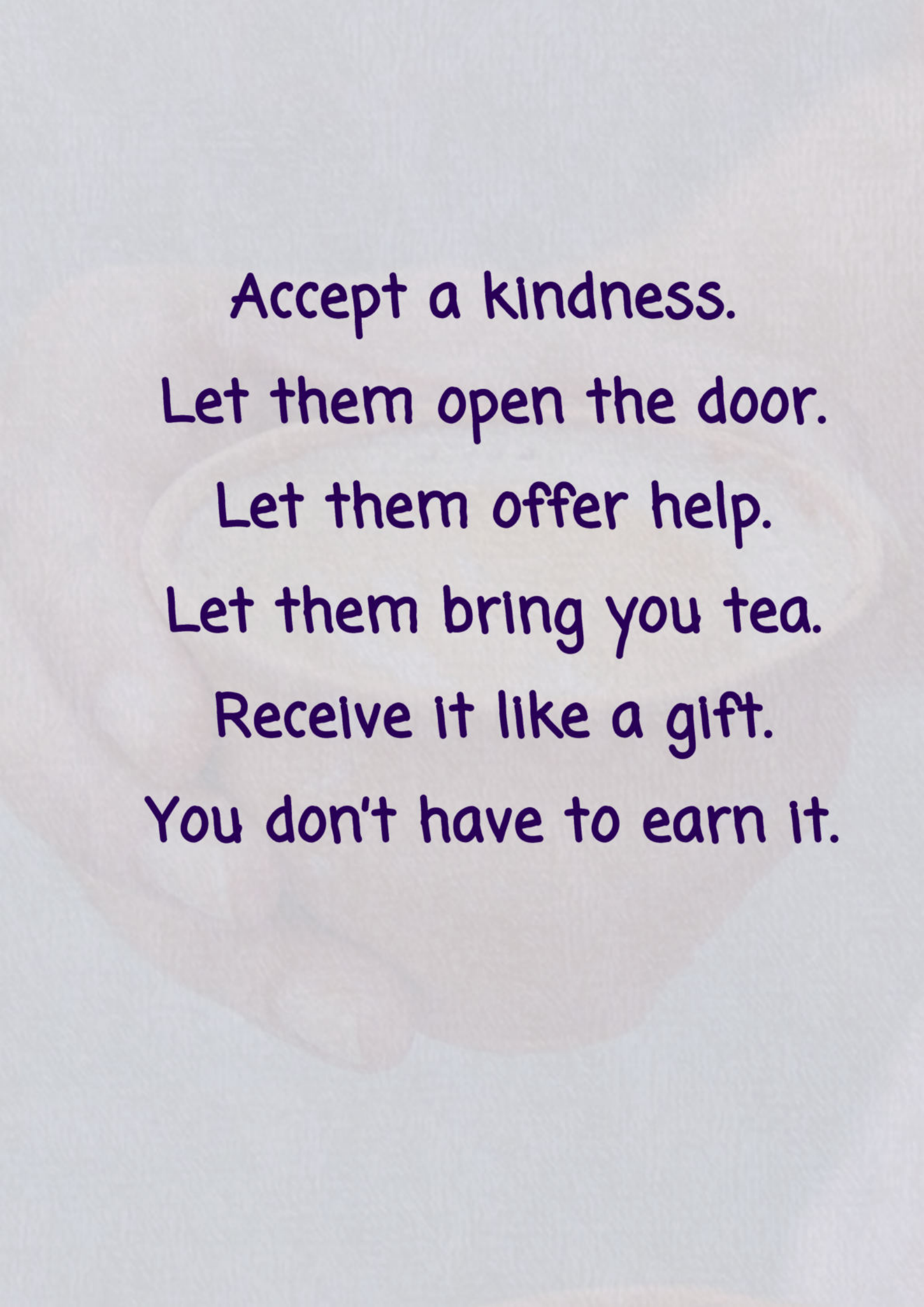
Look up one subject you are  
curious about.

Something you've always  
wondered.

Or something new.

How deep is the ocean?

Why do cats make biscuits?



Accept a kindness.  
Let them open the door.  
Let them offer help.  
Let them bring you tea.  
Receive it like a gift.  
You don't have to earn it.

What helps you feel  
more like you?

Write it in your journal.

Or whisper it to  
yourself.

This is yours now.

Thank you for showing up.  
It means more than you know.

You don't have to do everything.  
Just keep choosing life in small ways.  
That's more than enough.

You aren't broken. You are emerging.



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