

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.

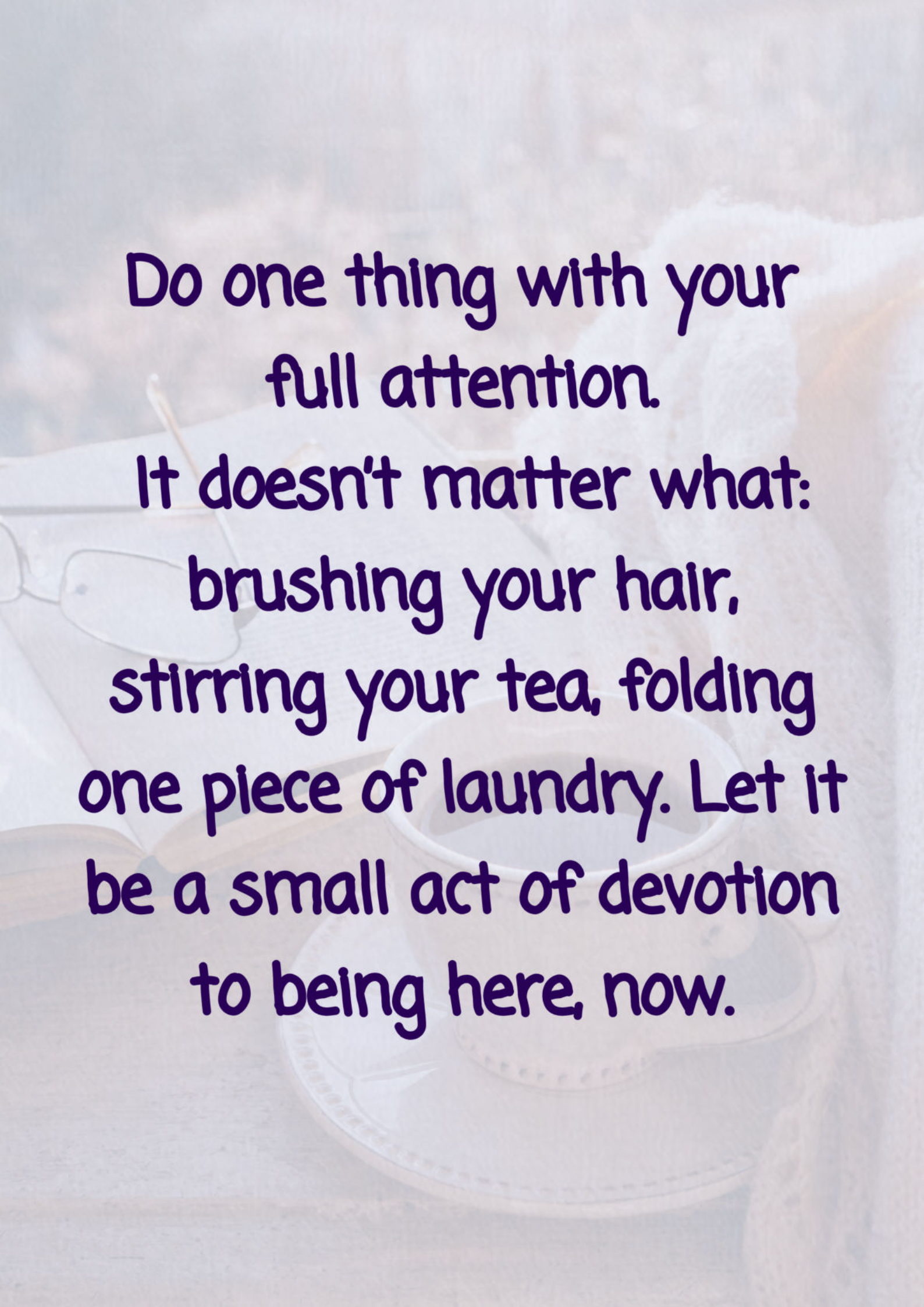
Healing does not always look like progress. Sometimes it feels like the softest breeze. Take your time. You are allowed to take your time.



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

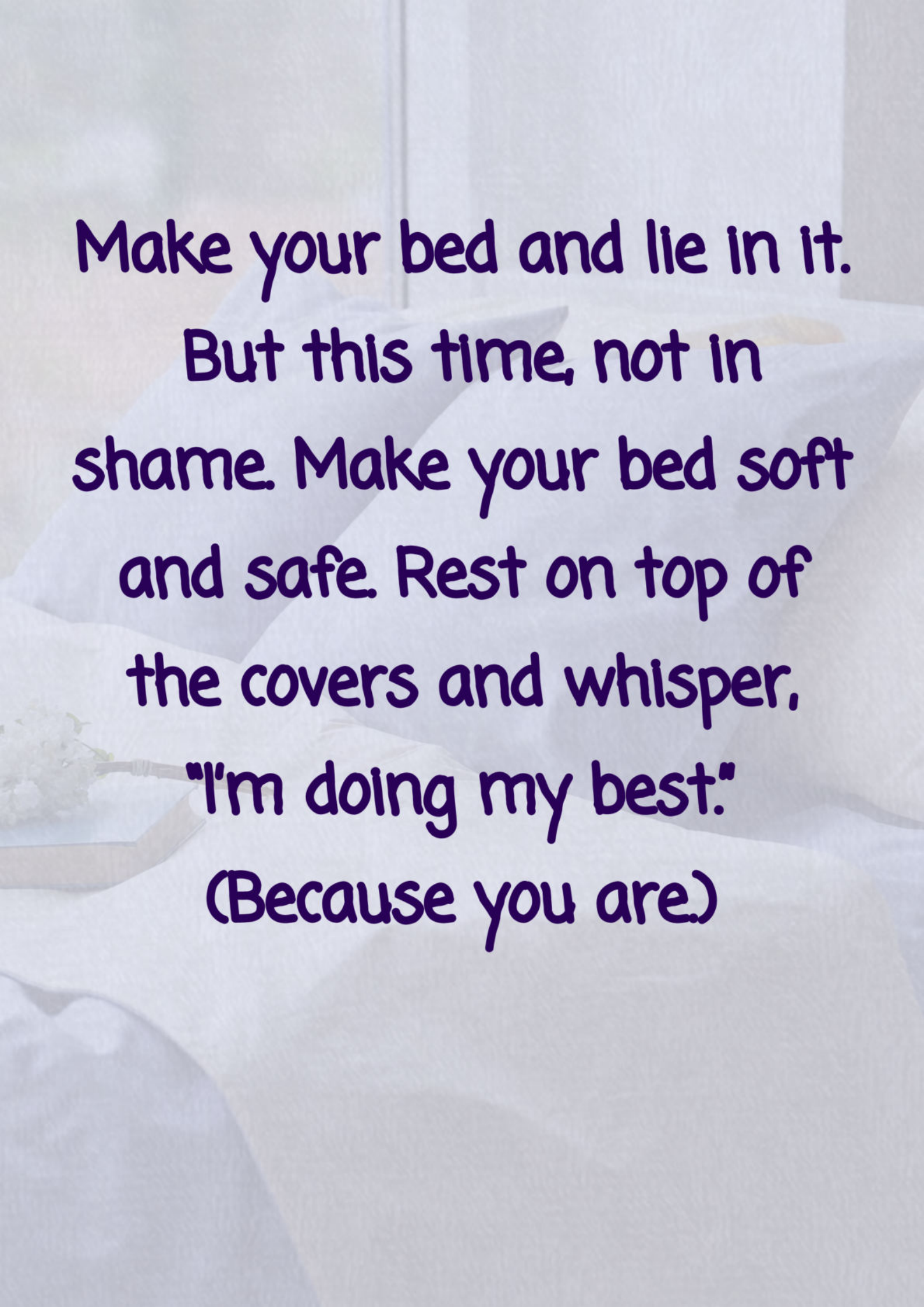
Too much?

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 soft-focus background image of a bed with white linens and a bouquet of white flowers on a bedside table.

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.

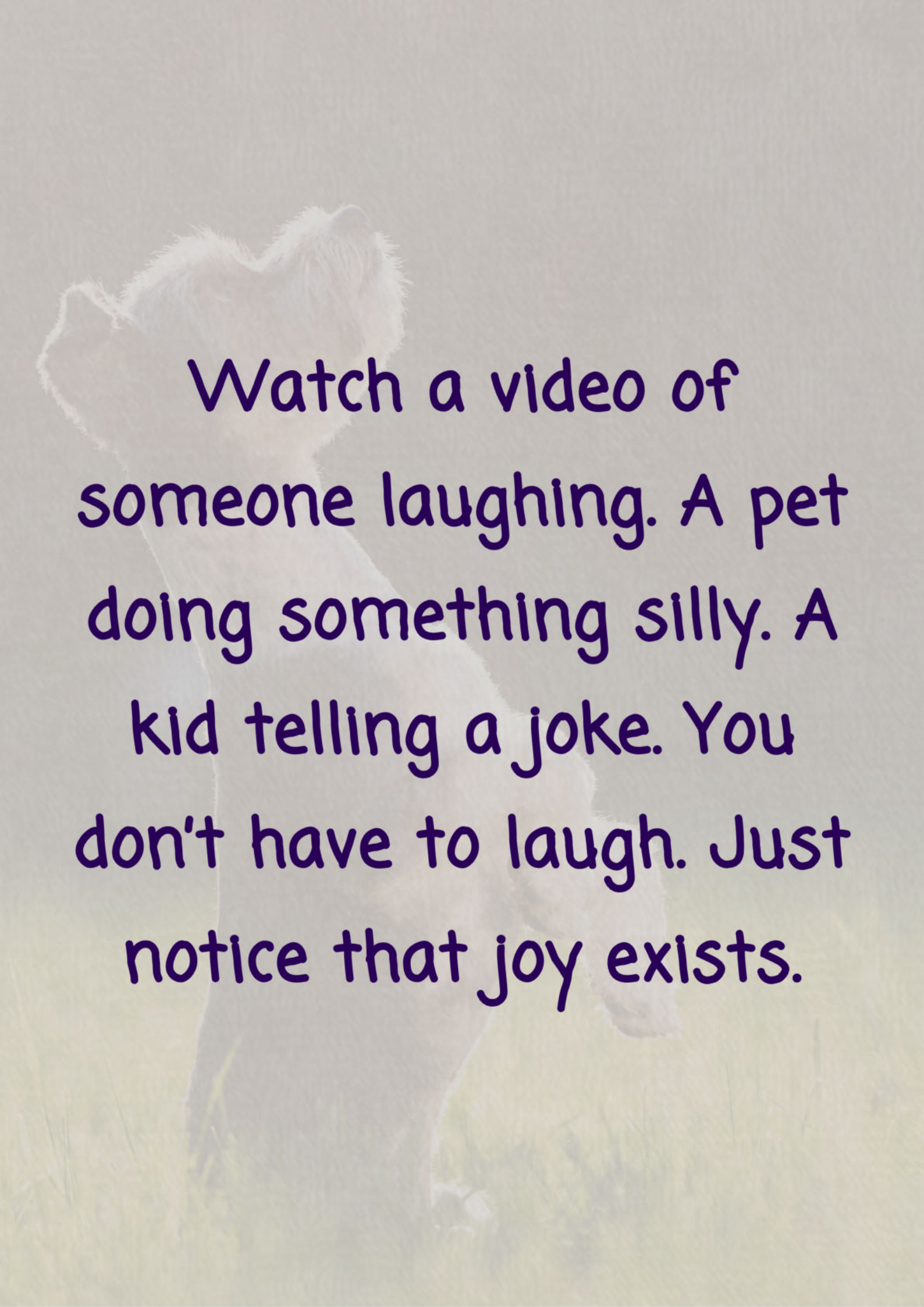
Stretch like a cat. Move one limb. Hold for one breath. See if your body wants to keep going. If not, that stretch was still enough.





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 extended upwards, and its hind legs are pushing off the ground. The background is a soft-focus green field under a bright sky. The text is overlaid on the right side of the image.

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.

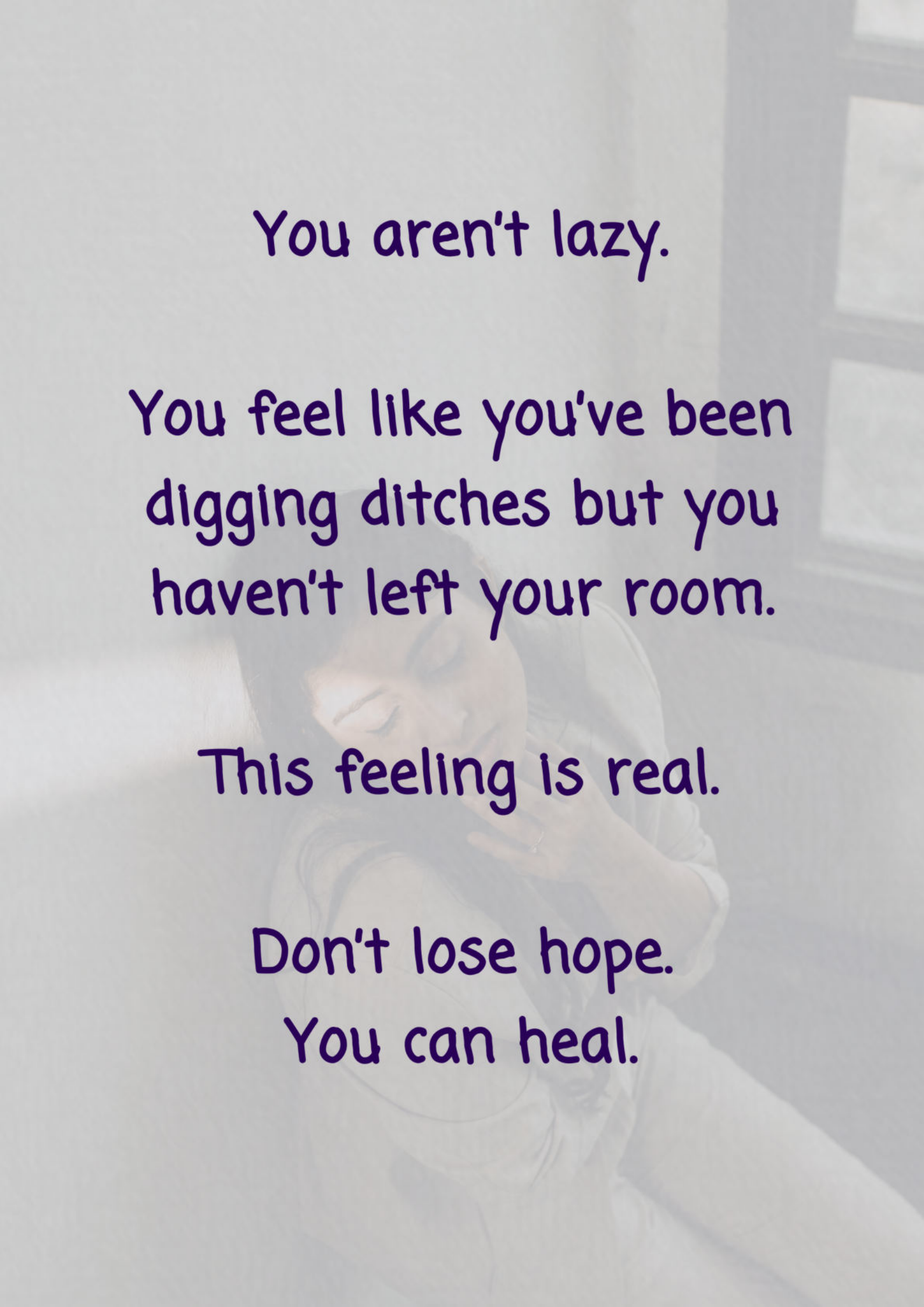
Draw a heart on a
sticky note.

Fold a paper star.

Make a sandwich.

Let your hands remind
you: you still create.





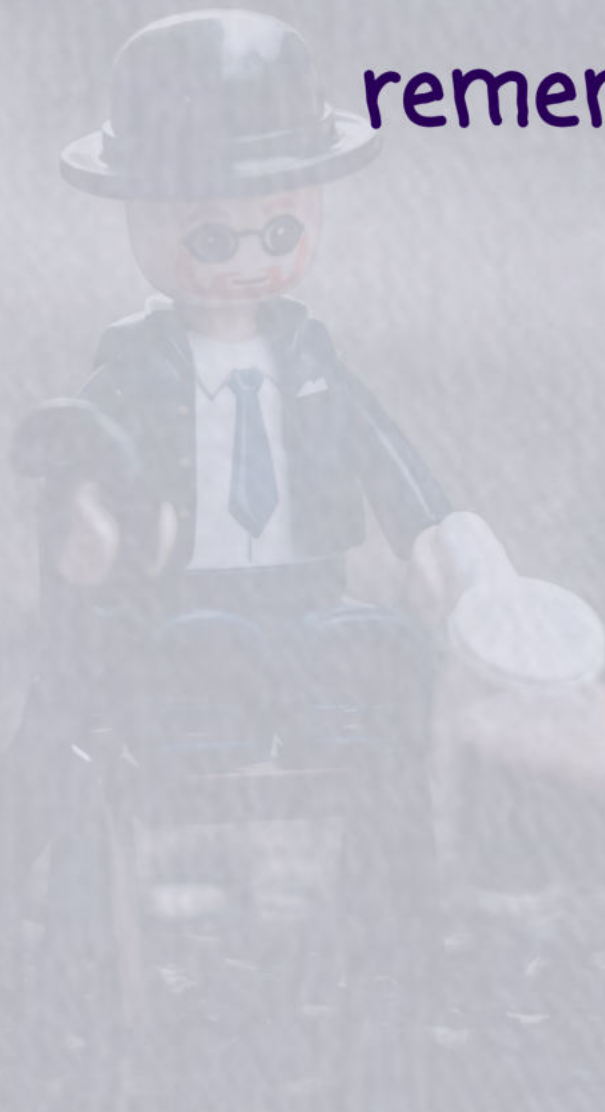
You aren't lazy.

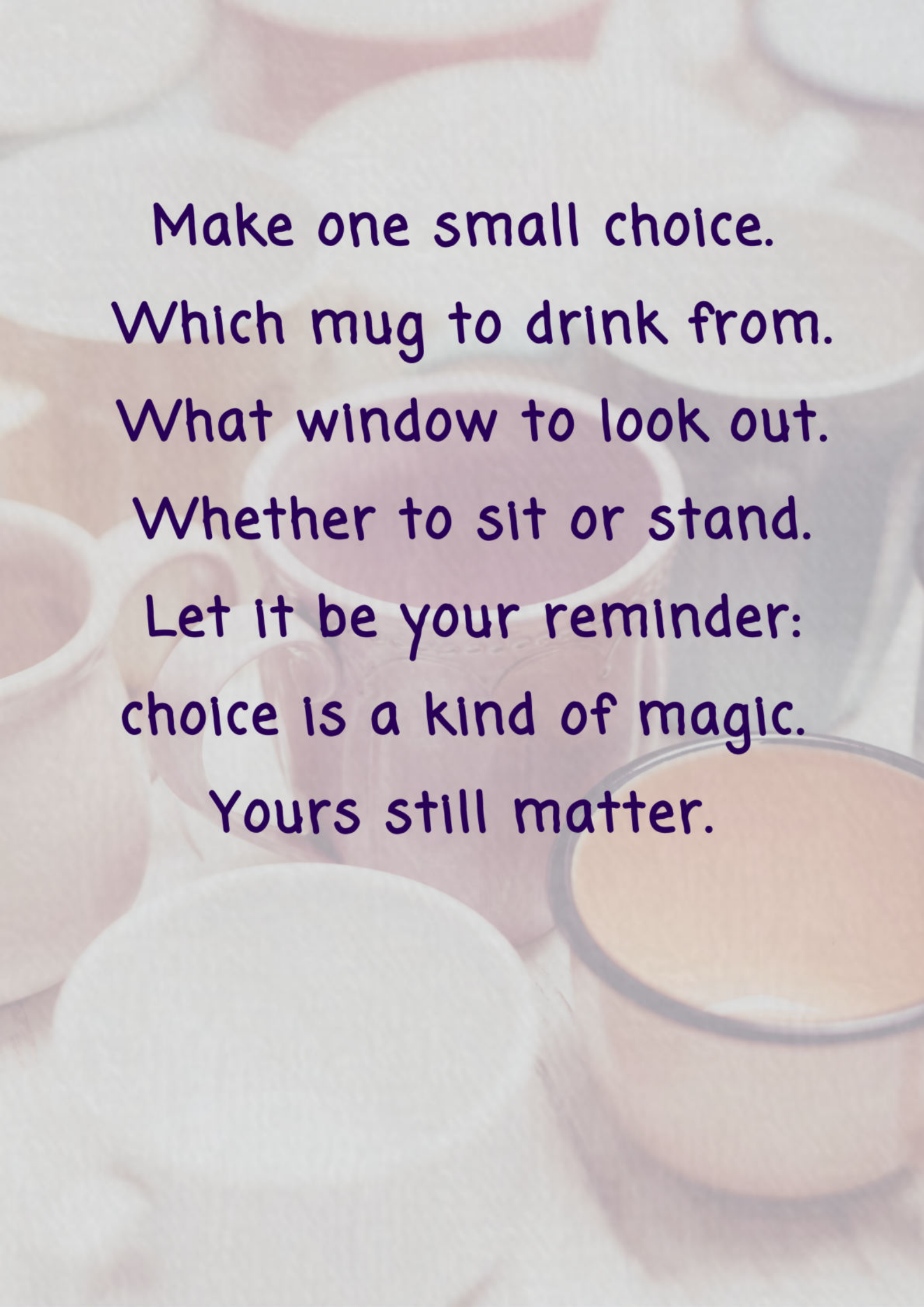
You feel like you've been
digging ditches but you
haven't left your room.

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.



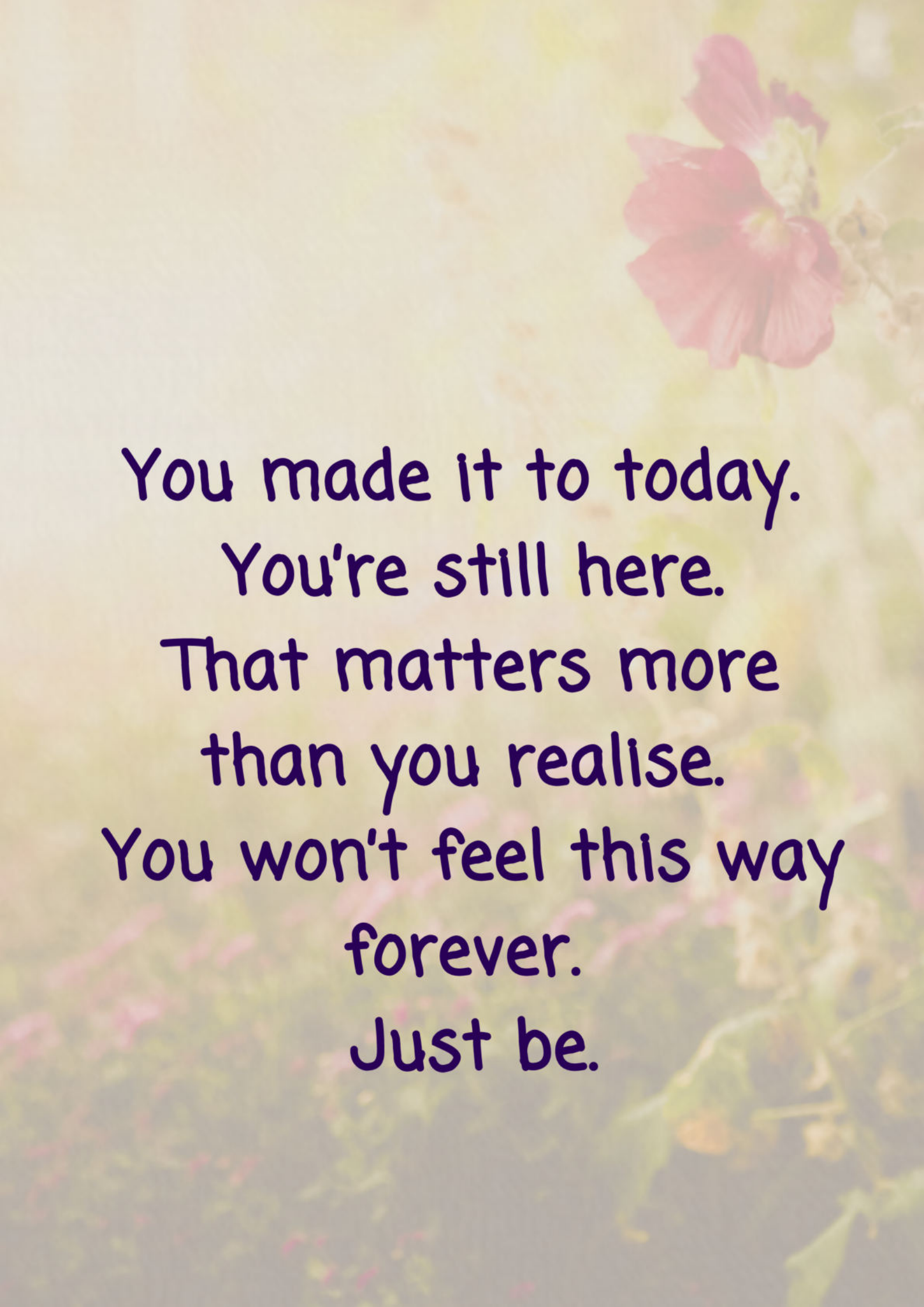
Put one thing where it
belongs.

A book on a shelf.

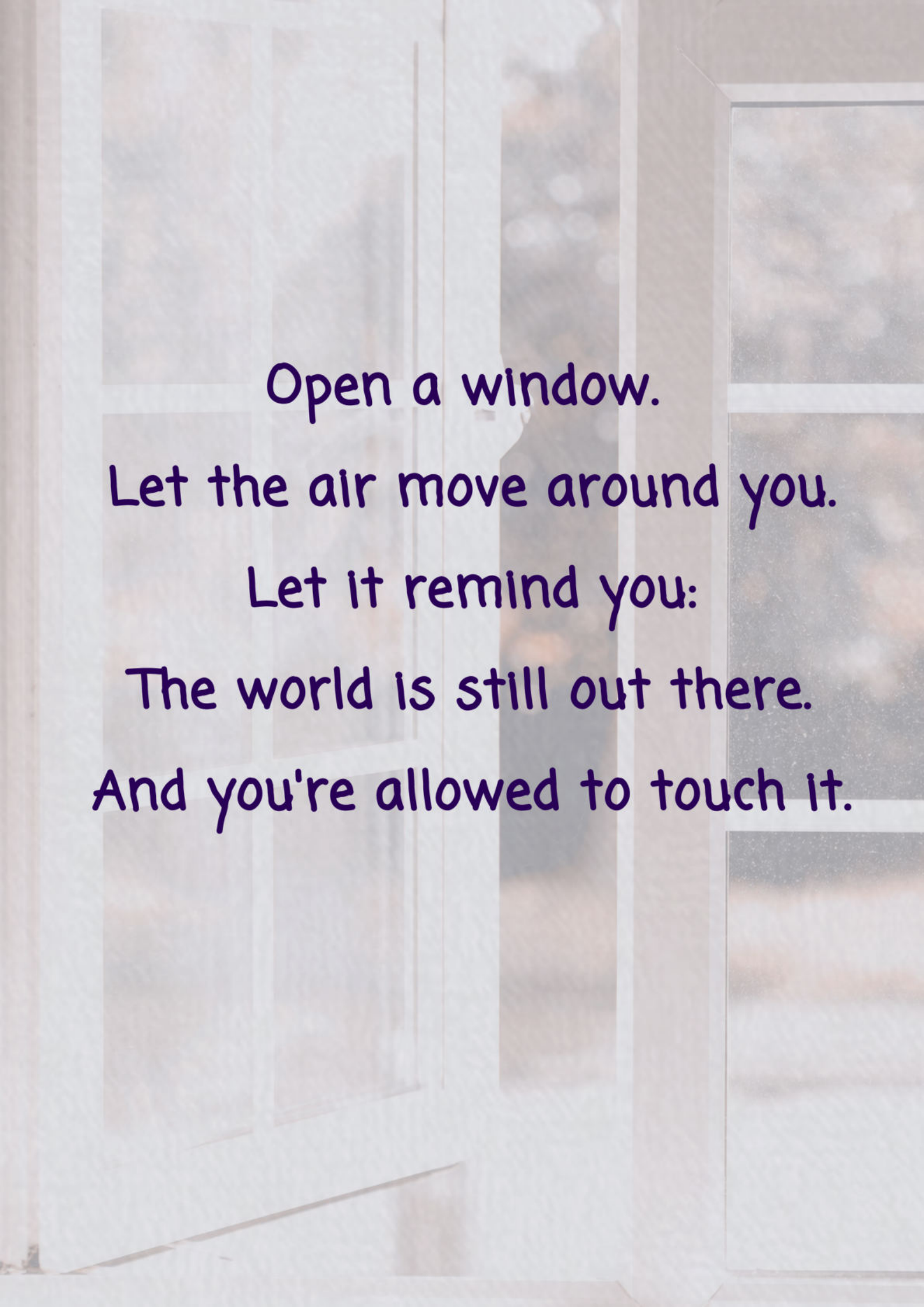
A sock in a drawer.

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.



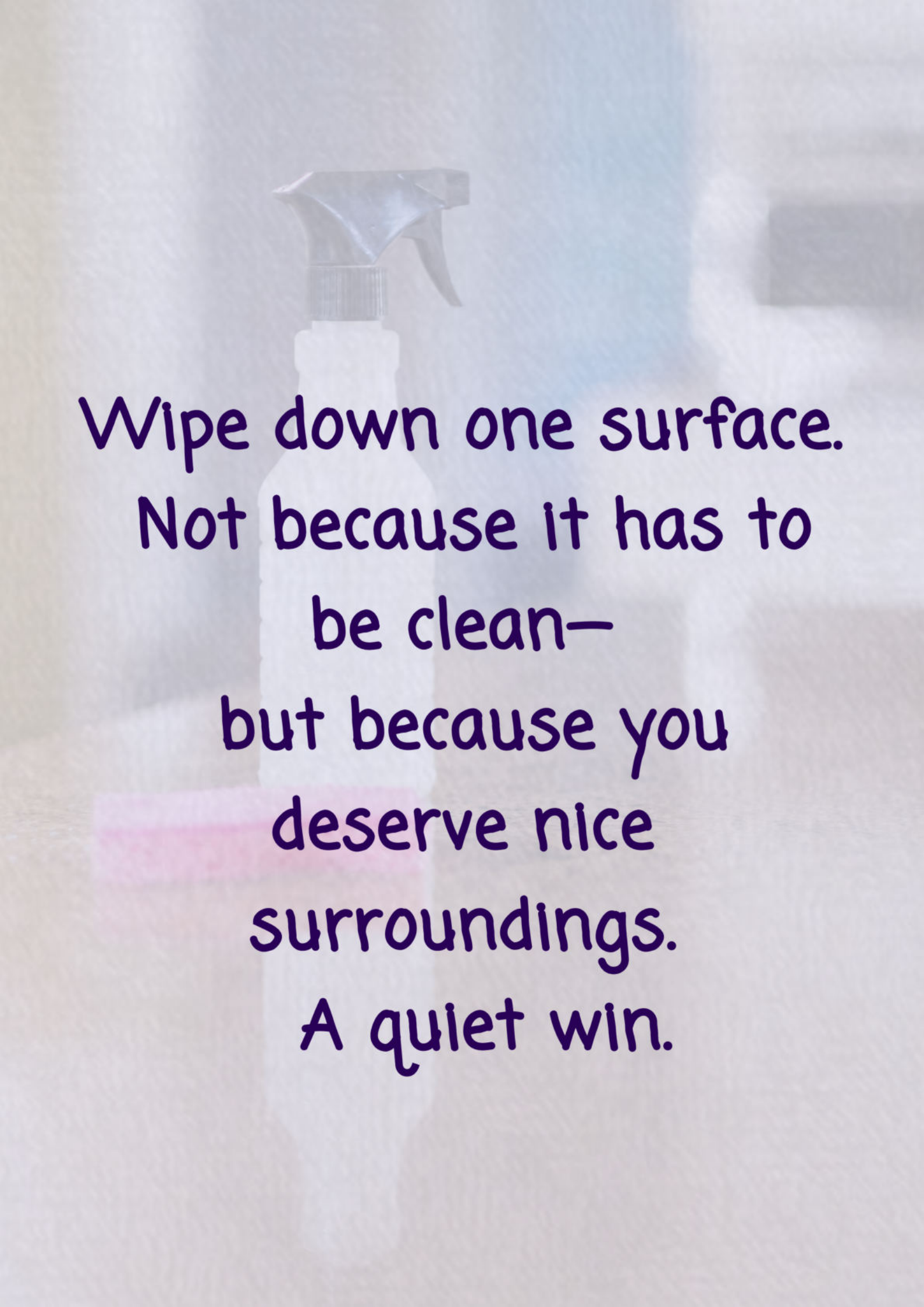
Open a window.

Let the air move around you.

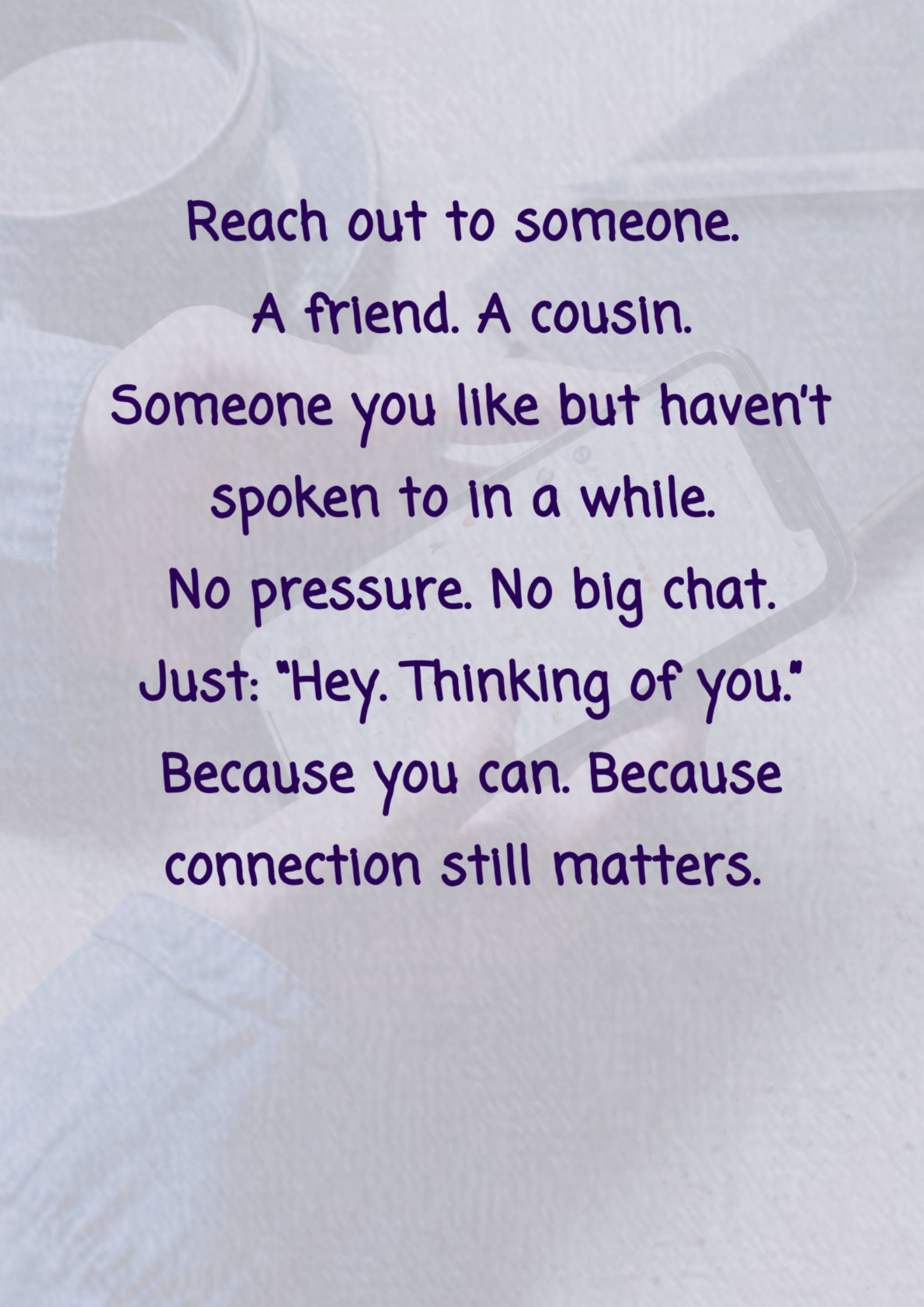
Let it remind you:

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.

A hand holding a smartphone with a map on the screen, overlaid with motivational text.

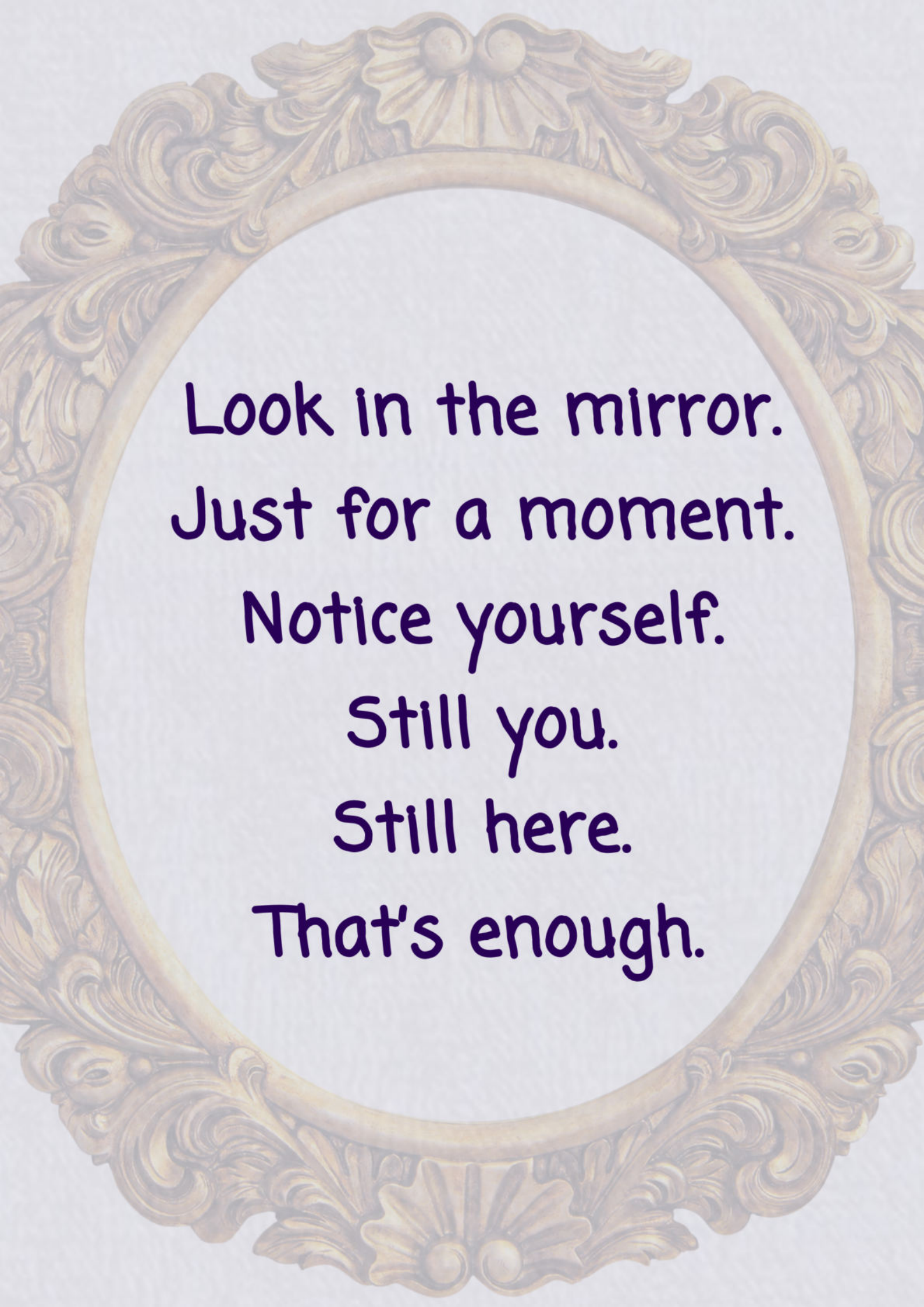
Reach out to someone.
A friend. A cousin.
Someone you like but haven't
spoken to in a while.
No pressure. No big chat.
Just: "Hey. Thinking of you."
Because you can. Because
connection still matters.

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.

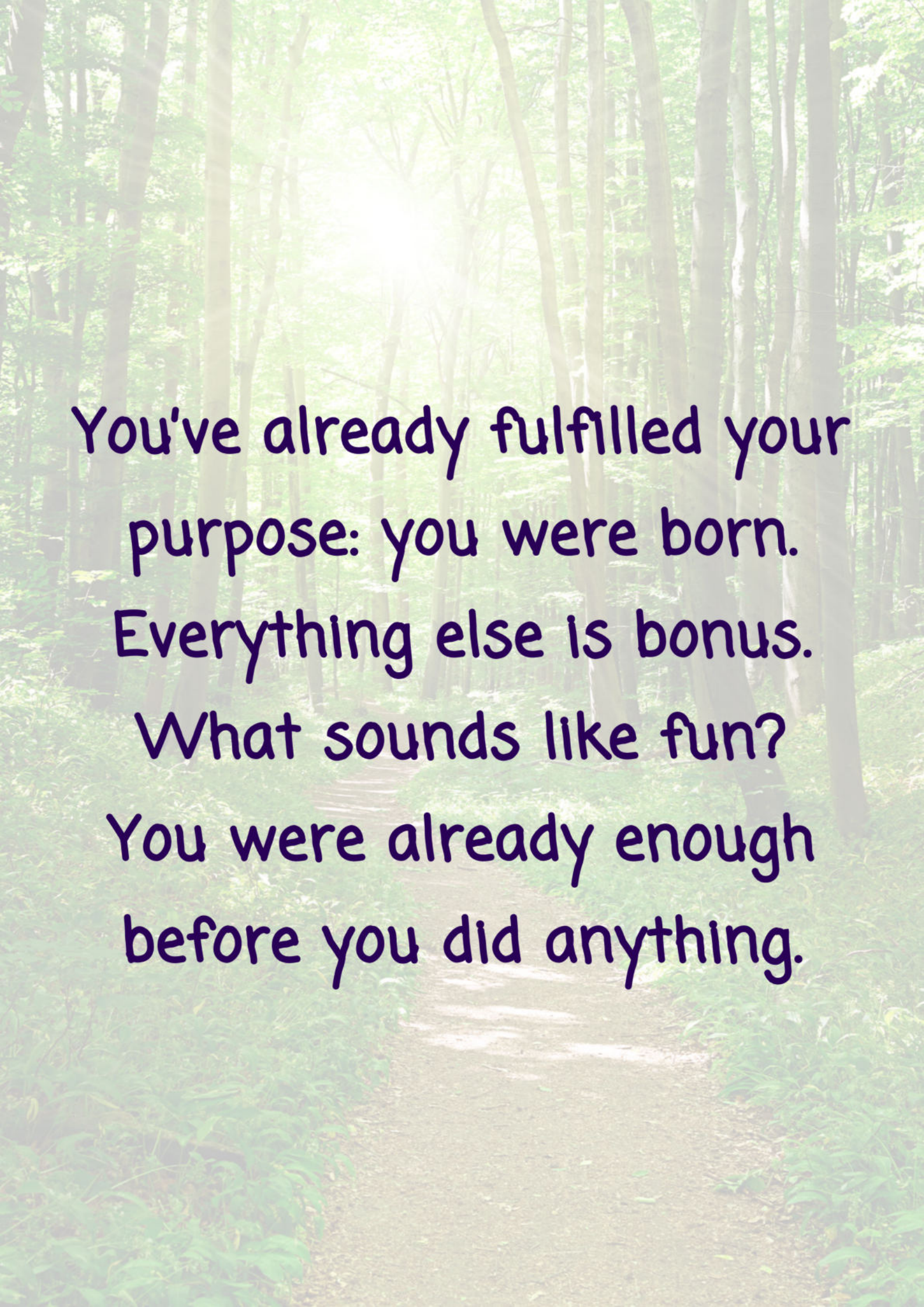
Say what's true, out
loud.

"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.

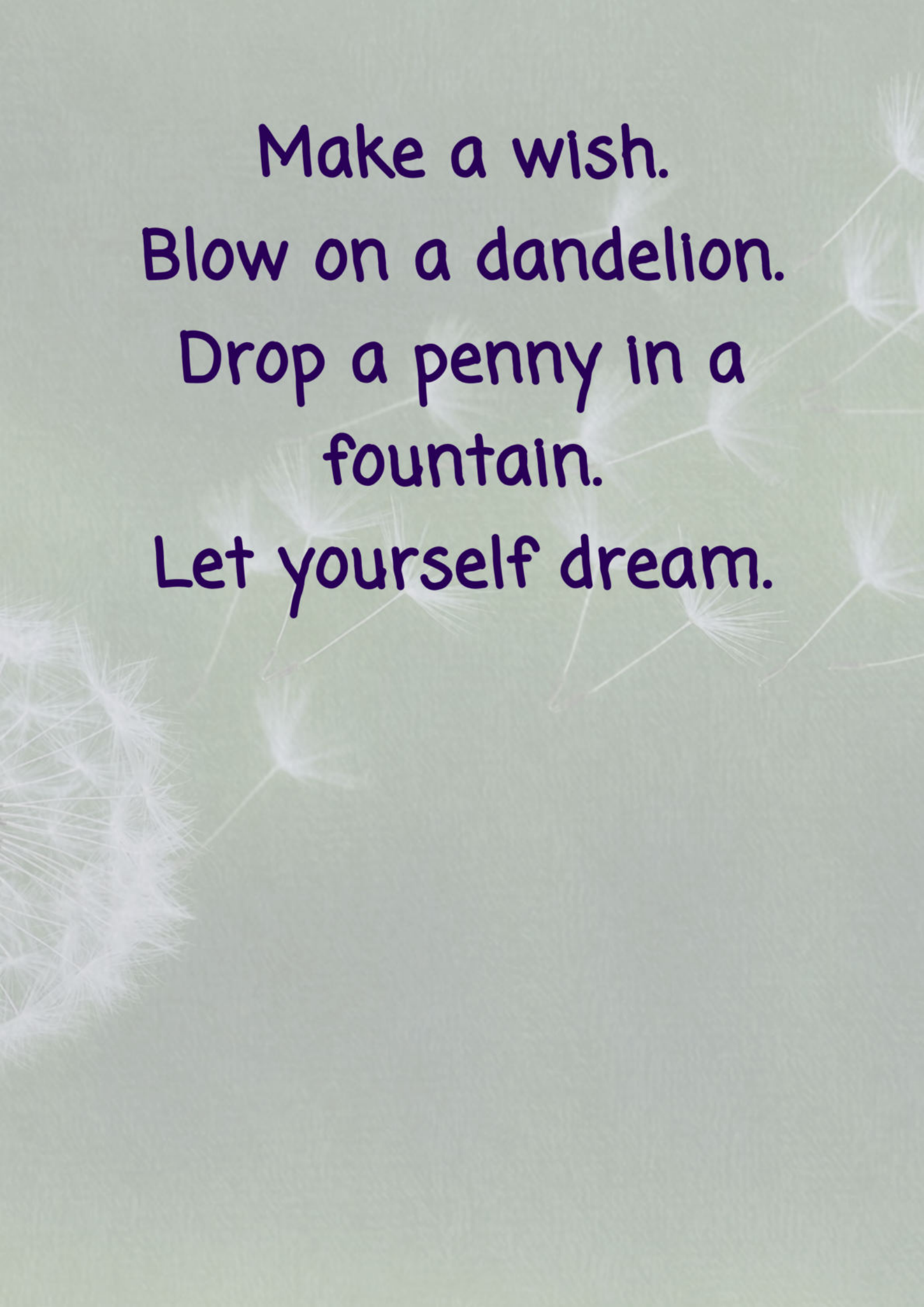


Wave to someone.
Smile at a delivery
driver.
Like a friend's post.
Tiny acts. Still
connection.



The background is a soft-focus photograph. It features a light-colored, possibly ceramic, vase filled with several thin, dark branches. These branches are covered in small, round, orange-colored berries or flowers. In the lower-left foreground, a lit candle is visible, its flame glowing. The overall lighting is warm and diffused, creating a cozy and aesthetically pleasing atmosphere.

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 dandelion seed heads, some in sharp focus and others blurred. The seed heads are white and feathery, with thin green stems. The text is overlaid on the upper half of the image.

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

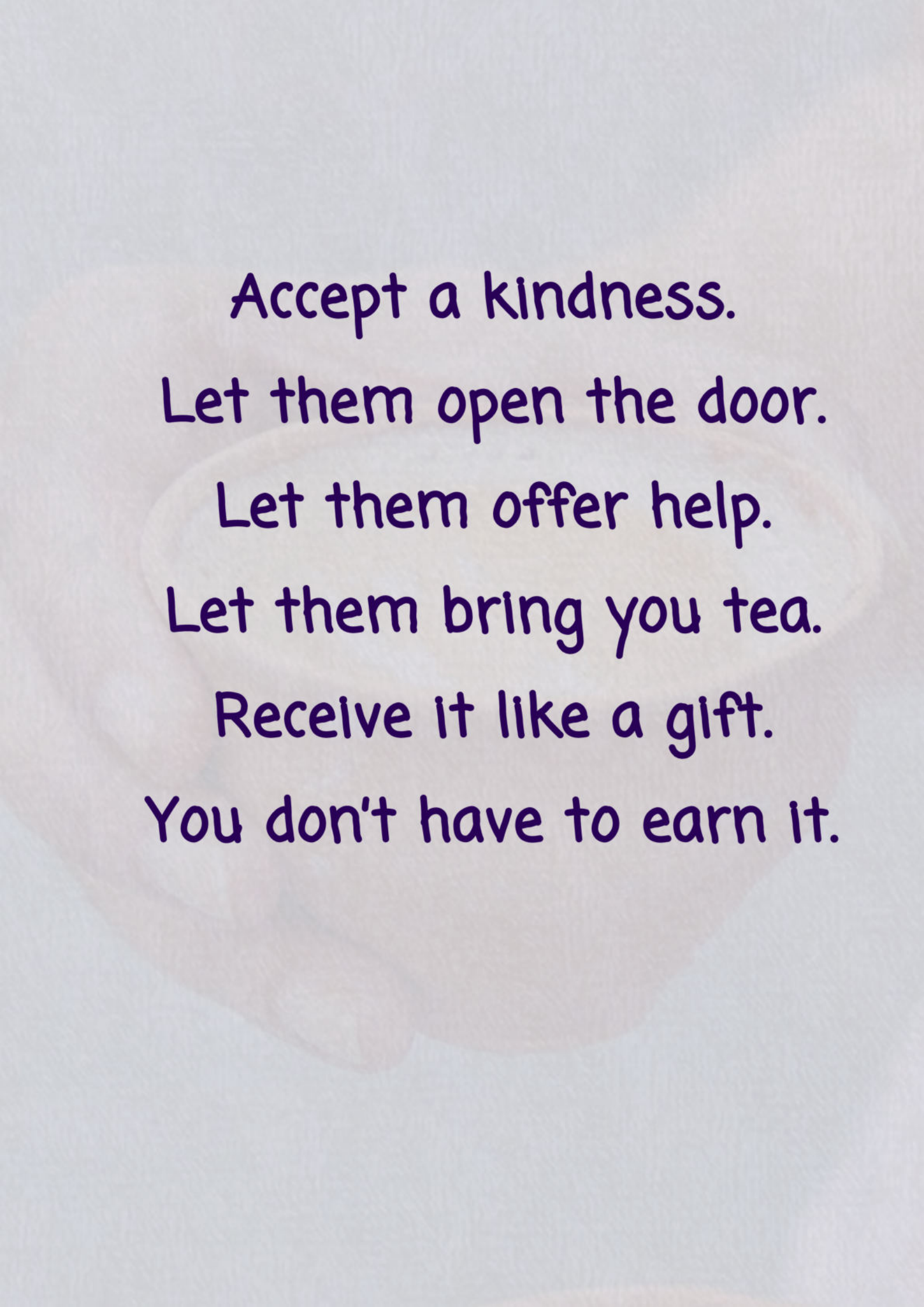
Look up one subject you are
curious about.

Something you've always
wondered.

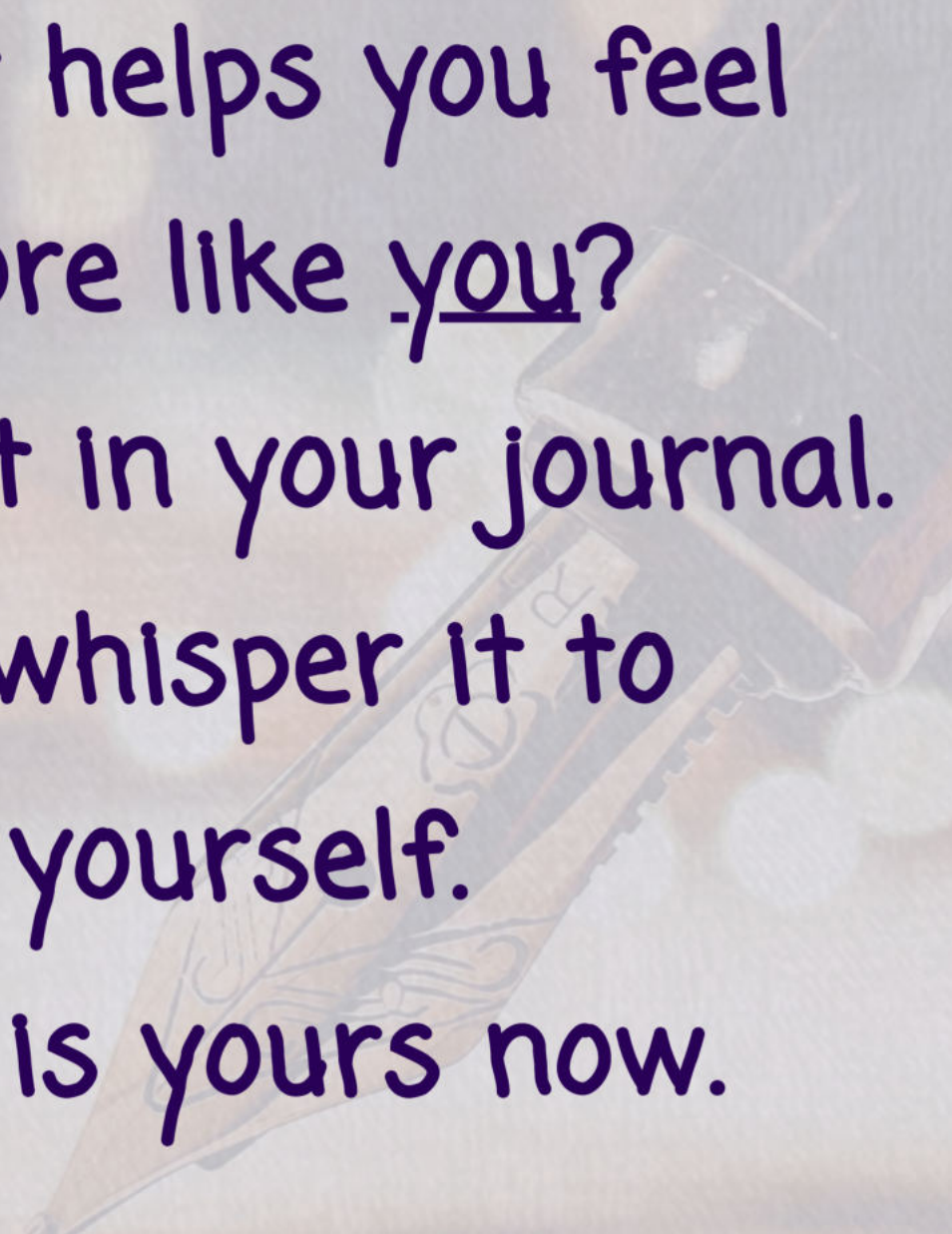
Or something new.

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.

A close-up, slightly blurred photograph of a fountain pen and an open journal. The pen is a dark color with a silver-colored nib and is positioned diagonally across the frame. The journal is open, showing lined pages. The background is a soft, out-of-focus light blue and white.

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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