

more than tired



by Marco

Stop me if this sounds familiar:

"I'm fine,
I'm just tired."

I don't remember when I first noticed how often these exact words came up in my life. Maybe they came from a friend in the classroom in the early morning. Maybe they came from a family member in the living room in the late evening. At some point, I noticed that they left my lips without me even realising.

To say that I was just tired became my daily catchphrase: situationally versatile and reflective of a problem I wasn't willing (or maybe able) to admit I had. Because when I wake up with my body sore and my mind foggy – with Google task notifications lighting up my screen, the rubbish bin overflowing, and a blanket of dust over my desk that seemed to appear overnight – calling it being just tired was the easy way out.

It is acceptable to be tired.

Tiredness is a temporary fog and often nothing more than a passing inconvenience. I'm tired today because I didn't sleep enough last night, but it's okay because I'll sleep more tonight. Or this weekend. After I finish all my work. I was irritable and impatient because I was just tired. I felt like I wasn't doing enough, that no one was doing enough. I had an assignment due Monday but was rostered for work all weekend. My sister's birthday was the next day, and I hadn't bought her a present, but I had class all day. My friend wanted to talk, and I wanted to talk to him, but I didn't have time. So, everything and everyone waited, and nothing got done.

Everyone gets tired, but burnout is something else.

The World Health Organisation defines burnout as an occupational syndrome that arises from chronic workplace stress that has not been successfully managed. It is marked by exhaustion, cynicism towards one's job, and reduced professional efficacy. But as is often the case, sometimes formal definitions fail to capture the messiness of lived experience.

Burnout doesn't happen overnight. It swells like inflamed tissue around a hairline fracture. Something feels off; you don't feel like yourself and your strength is gone. You wake up every morning with the same fatigue you went to bed with. You still show up, you still try to perform, still smile when expected. But you feel disconnected.

Stress is normal. Stress is when there is too much. Burnout is when there is nothing left. Our body's stress response system is designed for momentary danger, not months of deadlines, pressure, and hypervigilance. When our stress response is left on for too long, this leads to poor psychological and physiological health outcomes. Notably, our higher-order functions – reasoning, critical thinking, problem-solving, decision-making, creativity – all atrophy. We become drained and irritable by default. You push harder but it only makes things worse.



We cannot force ourselves to work and expect outcomes when our bodies are screaming for reprieve. We cannot logic our way out of exhaustion.

Education and work cultures value productivity. You are recognised for the work that you put in and the outcome you receive in turn. Rest is something that must be earned. So then, the guilt sets in. You feel guilty for being tired, for not doing things quickly enough, for needing more time. But **rest is not a reward, it is a prerequisite.**

Burnout is cruel because it makes you think that your inability to "keep up" is a personal fault and that everyone around you is doing it better than you. But you are not the only one fraying at the seams.

Recovery begins with recognition:

"I am burnt out, and I want to change."

Recovery is just as gradual and cumulative as becoming burnt out in the first place. There will be days when you don't feel like you have made any progress, but the steps you take towards recovery may not necessarily be linear. Give yourself space and time.



too young to grieve

(but here anyway)

By Manna

Not all young people have experienced the death of a loved one: a parent, grandparent, friend or sibling.

"You are too young!" people will say, but the truth is that loss can strike at any time. As a child, I felt a pinch of sadness at the deaths of distant relatives – mostly sympathising with my family who had closer relationships with the deceased.

But the first time someone you dearly love dies, it is devastating and life changing. Death is treated as taboo and we're rarely taught about grief, so the first loss feels shocking and isolating – especially when peers haven't experienced loss themselves. They may care but many won't know what to say to you during the difficult moments. It can feel like you're mourning in a soundproof bubble.

I understand what it means to grieve young. Within two years, I lost two grandparents and my father. It was heartbreaking to see my once-strong grandmother frail and dependent on life support, and to feel the final silence after she passed.

It can feel impossible to talk about, especially when older family members seem to recover quickly or when peers can't empathise with the experiences of loss.

Grief is raw, unpredictable and painful. It can look and feel different for everyone:

- tears soaking your pillow
- hearing quiet sobs through the wall
- despair for the empty seat at the dinner table
- anger at the unfairness of it all
- numbness, like moving through a thick fog
- feeling heavy, tired, and weighed down even though you slept

Losing a loved one reshapes you. It forces maturity, alters your outlook on life and remakes your priorities. Milestones – graduations, birthdays, first jobs, weddings – become bittersweet. You celebrate, but there's always the feeling that a part of you is missing.

Grieving can feel layered if the relationship you had with the departed was strained or complicated. You may mourn the close

relationship you never had with them, the conversations that went unspoken and the questions you never got to ask. You're left wondering about all the things you could have learned, if only there had been more time.

All these feelings are normal, and it can be hard to cope with such intense negative and depressing emotions. 1 year on from my own losses, I've learned that grief never really disappears, but you learn to live with it. Like having a tooth pulled: it hurts and even after the pain goes away, you'll always be aware of the gap in your smile.

My experiences with grief have changed how I approach life: focusing less on chasing achievements and more on cherishing family, creating memories and capturing moments together that we can look back on.

Grief is a long journey with many highs and lows, and it only gets easier to navigate with time. Accepting every part of the experience – even the messy, uncomfortable parts – can actually help you heal. Feeling angry, sad, confused, numb, or anything in between is normal and good. Give yourself space to feel and express the ugliness, because denying the heavy feelings often makes everything harder.

After a loss, it can really help to reach out to friends, family, trusted adults, or mental health professionals. **You don't have to go through this alone, and you don't need to wait until things feel unbearable to ask for support.** Having the right people around you can make a world of difference in coping with grief.

Podcasts



Grief in Common: Youth Team Podcast



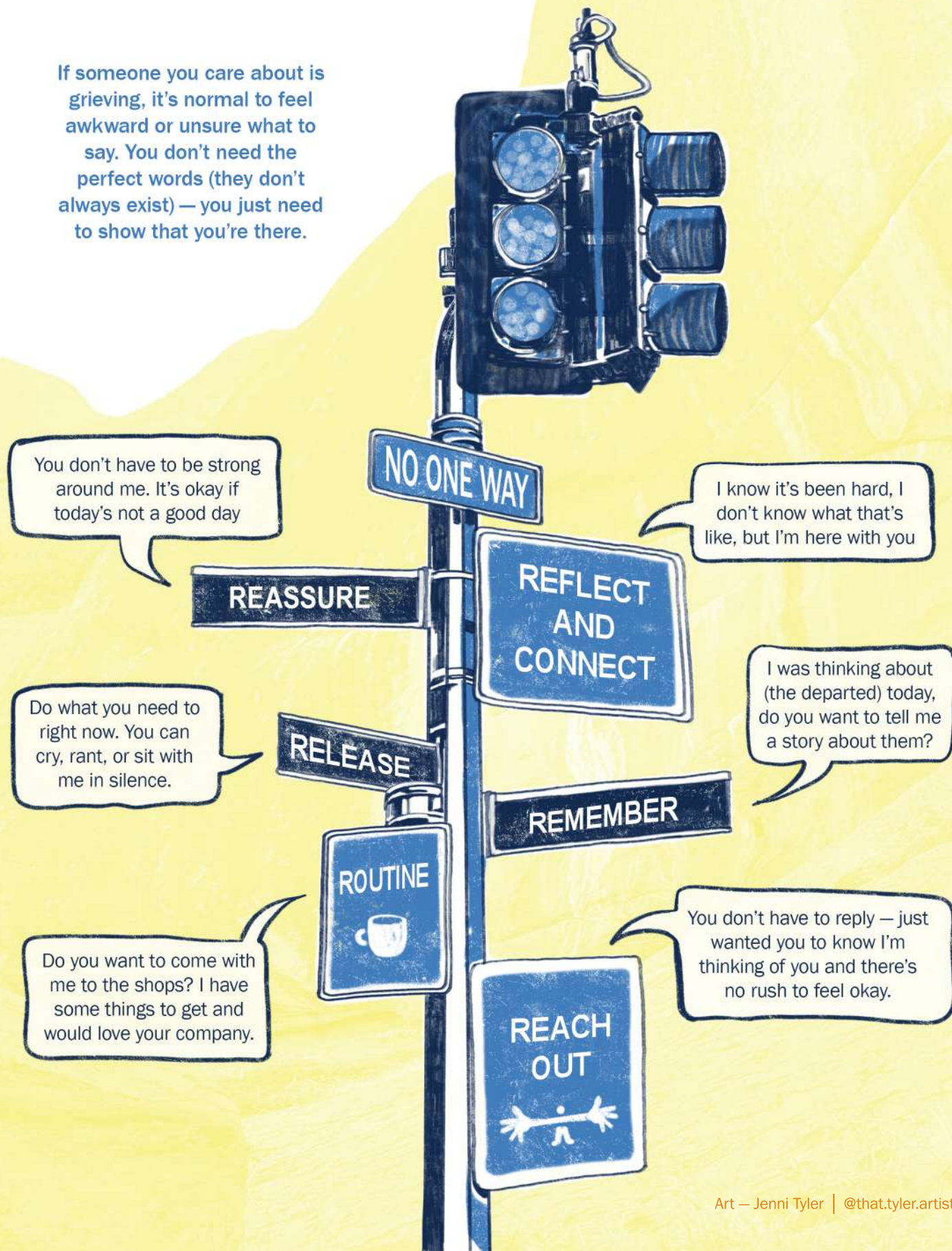
Young Grief: confronting grief as young adults



Persevering: Grief as told by young people

the 6 R's of supporting a loved one

If someone you care about is grieving, it's normal to feel awkward or unsure what to say. You don't need the perfect words (they don't always exist) — you just need to show that you're there.



You don't have to be strong around me. It's okay if today's not a good day

REASSURE

Do what you need to right now. You can cry, rant, or sit with me in silence.

RELEASE

ROUTINE

Do you want to come with me to the shops? I have some things to get and would love your company.

NO ONE WAY

REFLECT AND CONNECT

I know it's been hard, I don't know what that's like, but I'm here with you

I was thinking about (the departed) today, do you want to tell me a story about them?

REMEMBER

You don't have to reply — just wanted you to know I'm thinking of you and there's no rush to feel okay.

REACH OUT

name it to tame it

Putting a word to your feelings gives you space to own them and take care of them. The more precisely you can name what you're feeling, the less power it holds. Build a vocabulary of moods and sensations.

Y U B P V C N Z D G S Z V B B A Y P R Q T O N S P
X F N P W E L T X E B H M R B N Q S G E P E S S N
O C C H R E W O N J G O O M C X S P A T S E N S D
H I F V A B Q D K E G A I C C I V T I E L O M S H
A A O H O P E F U L M S R U K O F M Z T N D L G E
H U D D M L P G X W E T R U H U I K S H V U N V P
S H N E T N Z Y I R E I N G O S U E G N W O D S E
F Y S T V E V M Y L O M X I T C R L O N E L Y G V
Q T E A T V E X A U I S A I O T N E D I F N O C Z
H S N V F E G T S E G Q C Y V P D E Z A M A L S E
P A N I C A I R T S C E H V J B P T H G I L E D X
L V F T S O L L I N Y M W K W L S A M E R R Y V H
C U S O N A I A X E Y A P F U E E L S Y F F U H I
Y A F M A U T F R T F H I F R D G V B I H Q D D L
I N W E G R T I L M J S R E S A A Y E T D A E D A
J N M E C X K S S P G E N K G L R A F I H R S E R
S O C S T A S U X F E E V D E G X Y R J U O A X A
J Y K O D T E B G H I Y N S E Q L R O S O P E A T
B A K R M X T P C J M E E T K X I B S J S E L L E
L N Y R B O T H E R E D D A D T E A I U U N P E D
I C C O M F O R T A B L E R A B E L O G J N S R K
S E P W Z F Y G B E F K Q T L R A I P X A E I Y M
S L I U Q N A R T P Z A I L W T R G E R K S D L S
W A R Y R R O W Y K W O E E J U K L H N E S V R D
F R U S T R A T I O N Y Q D F X Z D T Y N P Y C U

degrees of HAPPINESS

satisfied
glad
cheerful
merry
delight
joy
bliss
elation
exhilarated

degrees of SURPRISE

shock
startled
curious
amazed
perplexed

degrees of SADNESS

disappoint
down
unhappy
sorrow
shame
lonely
guilt
grief
misery

degrees of
CALM
serene
tranquil
peaceful
relaxed
settled
comfortable

degrees of ANXIETY

wary
restless
uneasy
nervous
tense
worry
alarm
anxious
panic

degrees of HOPE

optimistic
confident
encouraged
motivated
reassured
hopeful
resolve
open

degrees of ANGER

bothered
annoyance
irritation
displeased
huffy
frustration
furious
rage



Growing up between places: resilience after foster care

by Shady

I remember driving down the road that was meant to lead to my forever home. I was four years old, my sister beside me, our whole lives packed into the backseat.

Again.

The person driving the car tried to make it sound exciting: *"Are you ready? They have chickens!"*

I didn't understand what was happening. At that age, you don't. You just follow the adults and hope the next place is better.

I learned early that not every home is warm, even when adults say it should be. The people who were meant to raise me weren't the kind you could call Mum and Dad: they were cold, distant, and quick to remind me of my place. My childhood was spent trying to earn a love that never came, attempting to fit into a family that never opened their arms.

Eventually, I told my school counsellor about what was going on at home. A few days later, I was pulled into a meeting with one of my teachers, Mrs Lee, who asked a question that changed everything: did I want to come and live with her?

The Lees took me in, fed me, gave me a safe place to sleep and study, and let me just be a regular teenager. They cared for me as if I was a real part of their family. I was only with them for a year, but those 12 months brought colour back into my life. It was the first time in a long time that I felt safe and settled.

For a lot of my childhood, I felt that caseworkers let me down. It wasn't until I changed foster agencies as a teenager that I met professionals who helped to guide me through the darkness. Even when things were tough at home, I knew I had people looking out for me and that kept me going when everything else felt uncertain.

Not long after, I met my psychologist. She encouraged me, believed in me, and helped me realise I was capable of so much more than just surviving. Her support pushed me to take school seriously, to dream bigger, to imagine a future beyond being a foster child.

Before I turned 18, I lived in six different "homes." I grew up believing I would never have control over my own life, that I'd always be moved, redirected, and reshaped by other people's decisions. Stability felt like something other kids got to have, but not me.

As an adult, I built the kind of life I once thought only existed for other people. One that is safe, grounded, and entirely mine. I'm chasing my goals, discovering my passions, and following through on my dream of becoming a clinical psychologist – the kind of person I needed when I was younger.



Looking back on my childhood, I wonder how did I survive that? I didn't recognise my strength at the time because almost every day I was simply enduring. There was no space to name it: resilience. It didn't feel like power because it was just instinct. It was doing whatever I needed to do to get through each day.

The same simple self-care rituals that kept me grounded as I moved between homes are ones I still rely on today: listening to my favourite music, journalling, and gratitude. They were strategies my caseworkers introduced that actually worked in my life, and they supported me as I grew. I continue to return to them as small acts of self-care.

I am still unlearning my old survival strategies.

The little girl in me did what she needed to do to protect herself and I honour her for that, but I am not in that place anymore. I am safe now. Working on my healing after a diagnosis of CPTSD (Complex Post-Traumatic Stress Disorder) has been a gentle and ongoing process of reminding myself that I no longer need to be on guard, that love can be steady, and that I do not have to earn safety.

I am figuring out how to live, not just survive.

If you grew up in the system:

if you've felt unwanted or unstable or voiceless, please know this – there is hope. Your past does not limit your future. You are allowed to dream. You are allowed to rebuild. And you are allowed to design a life that feels like yours.

No matter where you started, your story is still yours to shape. Recovery is not linear, and it's not quick, but it is possible, even when it feels out of reach. You deserve stability, love, and a life that feels safe to grow inside of.

If you need someone to talk to, there are supports out there, services like headspace, Beyond Blue, and Lifeline are here to help.

Reaching out isn't weakness. It's strength. It's the first step towards healing.



Before life got complicated, there were snacks. Ice blocks on scorching days. After-school rewards. Treats shared among friends. Small, ordinary comforts that stay with us.



chocolate and strawberry were the best flavours

Hack: microwave for ten seconds for an extra gooey centre



used to get these as a reward for doing well in exams - Manna

I was never allowed them so I used to trade for something from my lunchbox - Sara



extra chewy - even eaten by astronauts at one point! - Christina

DO YOU RECOGNISE ANY OF YOUR CHILDHOOD SNACKS?

nothing like an icy zooper dooper on a 40 degree day



so sweet, tangy and delicious: I could smash an entire pack in one go



nothing beats this iconic melon ice cream bar. I also recommend mango & durian

I used to get these every birthday as a kid - delicious! - Darcy



Always too much cheesy spread for 3 crackers*



*editors note: there is no such thing as too much cheesy spread



Self Care

by Angie and Shady

Every day, I lay a few bricks in the hope that the house I'm building can weather a storm.

Illustration: Jenni @that.tyler.artist

What is Self Care (actually)?

Taking care of yourself intentionally, so you don't burn out, shut down, or fall apart when things get tough. It helps you cope with stress and protects your wellbeing over time.

What does Self Care look like?

Honestly, it can look like anything. The 'right' self-care is the stuff that works for you!

Enjoy your hobbies

Dedicate some real time to your hobbies (or try a new one). Try to find things that you enjoy doing and not just things that have an outcome you like?

Eat nourishing food

Enjoy your treats and fuel your body with nutritious food. Whether you like fresh fruit or spicy noodles, eat what feels good and gives you energy to do the things you like doing

Move your body

if you don't like the word 'exercise', think of it as movement. It can be as simple as walking to the station or moshing to your favourite song, or more involved team sports, martial arts or rock climbing.

Know your feelings

Pay attention to your thoughts and feelings – good and bad. Practice challenging unhappy or unhelpful thoughts.

Spend time with your people

It's good to be around people who care about you and support you. People who understand you and hold space for your feelings and opinions are important for building resilience

Build new connections

find spaces where you feel seen and safe and connect to the community there.

Why do we have Self-Care?

(and why it's not just bubble baths)

Self-care didn't start as a wellness trend. It started as a survival strategy.

The idea has roots in 1950s psychology, but became powerful during the American civil rights movement in the 1960s. Activist groups understood something important: *you can't fight systems of injustice if you're constantly exhausted, traumatised, or broken down*. For marginalised communities — people of colour, women, queer and trans people, and poor communities — self care wasn't about "treating yourself", it was about staying alive, staying connected, and staying engaged.

These activist groups built free health clinics, food programs, educational spaces, and support networks. They took care of each other when the system wouldn't.

Self-care was collective. It was political. It was about protecting your energy so you could keep showing up.

The ultimate goal of self-care isn't numbing out or pretending everything's fine. It's about choosing not to let burnout steal your voice, your values, or your future.

If you feel angry, tired, overwhelmed, or disillusioned by the state of the world — that doesn't mean something is wrong with you. It means you're paying attention.

Take care of yourself intentionally. Love yourself on purpose.



Habit Stacking Your Self Care

Self-care doesn't have to be extra, expensive or time consuming. A lot of it can happen alongside your everyday routines. Here are some things you probably already do in a normal day — with ideas for turning them into moments of self-care.

When you are	try
Brushing your teeth in the morning	Doing some calf raises to wake up your legs for the day
and at night	Do two mins of square breathing: Inhale 4 · hold 4 · exhale 4 · hold 4
Making or grabbing yourself a snack	List two things you're grateful for: big or small
...and eating it	Notice 3 things you can see, 2 you can hear, and 1 you can taste.
Watching your train or bus pull up	Take a deep breath, unclench your jaw, drop your shoulders
Sitting down for class	Press your feet to the floor and straighten your spine
Getting home at the end of the day	Change into your favourite clothes: they can be comfy or fun!
Washing your hands	Mentally recite an affirmation that makes sense to you
Looking in the mirror	Reflect on something good that has happened to you today
Travelling to school/uni	Look for your favourite colour and enjoy how much of it there is out there
Leaving your last class of the day	Moving your body for 10 mins: eg. go for a fast walk or shoot some hoops
Before you eat with your family or friends	Ask them a weird and specific question about their day
Getting ready for bed	Five minutes of journalling about your day: write it down, or type it in your notes

Press Pause: Mindful meditation



Mindfulness is about noticing what's happening in your mind and body without judgement.

Mindful meditation helps create a little space between what happens to us and how we react. By bringing awareness to your thoughts, emotions, and physical sensations, it can help you live alongside your feelings instead of being overwhelmed by them.

how to start



Video Games + Storytelling

By Milo



Throughout human history, stories have been used to pass down knowledge and provide comfort. They have been shared around campfires, through novels, movies, and in more recent years, in video games.

Early video games excluded complex stories due to the limitations of the technology used to make it. For many years, they were not taken seriously enough to be recognised as an art form. However, as technology improved and perspectives changed, games became more elaborate and allowed more artists and writers to become a part of the game-making process, changing the relationship between storytelling voices and interactive audiences.

Interactivity sets video games apart from books and television. While cozying up with a good book or sitting down to watch a movie are great activities on their own, games do a great job at combining the best of both worlds. They can have visuals like your favourite graphic novel or live-action fantasy movie, while also including fantastic soundtracks that reflect the emotions of the storyline. There are many different genres of video games that focus on storytelling, meaning there is a game for everyone, no matter your skill level.

Puzzle Games

are exactly as they sound - you solve puzzles to move the story forward, often becoming more challenging as you progress. Platforming puzzles, physics puzzles, block-pushing puzzles, and more!

try

Portal, Portal 2, Thomas Was Alone

Life Simulators

involve more "real life" gameplay, like working, farming, fishing, crafting, and socialising with other characters. Storytelling progresses from dialogue between characters, and usually allows the freedom to make your own story.

This genre is cozy and relaxing to play, making these games very approachable.

try

Stardew Valley, Tomodachi Life, The Sims

Role Playing Games (RPG's)

let you step into a character's role and explore a story-driven world. You make choices, complete quests, and follow a narrative that unfolds as you play.

RPGs are great if you enjoy deep worlds, memorable characters, and long, immersive stories. These games can involve more combat than the other genres, but the focus is still on exploration and storytelling.

try

The Elder Scrolls V: Skyrim, Fallout: New Vegas, Borderlands 2

Video games, just like books or movies, can have stories and characters that hit so close to home that it feels like someone finally understands you. Sometimes, a game can help you process emotions, find closure, or just feel less alone in your struggles.

Because there are so many games out there, you never know where you might find your next favourite thing! Your new favourite comfort character with a troubled-but-oddly-relatable past might be hidden in a random 2D fighting game from 2005...

Approaching games with difficult topics

Games can stir up big feelings - sometimes more than books and movies because you are interacting with characters and influencing the story, rather than viewing from a distance. The story may not be real, but the emotions it causes are.

If there is a game that you think might be too scary or intense, but you still want to give it a try, you can always approach it in other ways.

_Watch someone else play it.

A video allows you to skip and pause when you need it. You can watch silent playthroughs and just experience the game, or try videos with commentary which can make you feel less alone.

_Play with a friend.

This can make tough moments easier, especially if they've played it before and can give you a heads-up about what's coming next.

Always do your research first about the content of a game, age ratings, and warnings before playing it yourself.

[Doesthedogdie.com](https://doesthedogdie.com) lists topics that can be triggering, and users vote and comment on if it is present in a game, movie, tv show, or book.

[Censorsensedia.org](https://censorsensedia.org) is a similar site intended for parents and teachers to know what is safe for kids, but is a helpful resource, nonetheless.

Recommended games:

Gone Home

2013 X

Set in 1995, you play as a young woman returning to her abandoned family home. You are left alone to explore and quietly piece together who lived there and what happened in your absence. This style of game is often called a "walking sim" - There are no puzzles, combat, or strategy, just a story to take in. It only takes a few hours to complete. Gone Home deals with the struggles of being a young person in high school: bullying, friendships, and family dynamics. LGBTQ+ themes also play a big part of the story which was huge for a game released in 2013.



One of my favourite things about this game is its strong riot grrrl influence. It feels so natural in the story, and it introduced me to my favourite bands :)

Spiritfarer

2020 X

You (along with your cat, Daffodil) are appointed "Spiritfarer" and become responsible for ferrying spirits of the deceased to the afterlife. You set sail, meeting spirits and completing requests for them that help them feel happy and at peace as they move on. Along the way, you learn more about each spirit's life. Spiritfarer is a very emotional experience, and discussions about death and loss are central to its story. Despite being such a difficult topic, the game presents itself in a very comforting way, making the experience very relaxing and emotionally healing.



This game includes cooking, farming, and crafting, giving you many tasks to do along your journey.

Life is Strange

content warning: approach mindfully

2017 X

You play as Max Caulfield, a photography student returning to a hometown full of memories and unresolved mysteries. Early on, you gain the power to rewind time, and carry that power with you as you reconnect with your roots and develop friendships. The story is influenced by your choices, and you are encouraged to explore every nook and cranny to fully immerse yourself in the game. Life is Strange is praised for how it handles difficult but real topics such as bullying, mental health, parental conflict, and suicide. It also includes LGBTQ+ themes and characters, something that was sadly uncommon in games published by large studios then.



rich storytelling, beautiful visuals, amazing soundtrack, and mental health themes. It is one of my favourite games of all time :)

FUN WITH FASHION

by Milo



Self-expression is how we communicate who we are.

It's the way we share our thoughts, feelings, ideas, and personality. Self-expression can manifest in art, music, writing, language and, yes, fashion! True self-expression looks different from person to person, and only you get to decide what feels true to you.

Art — Jenni Tyler | @that.tyler.artist

Understanding yourself and finding inspiration

Inspiration can come from anywhere. Magazines and Pinterest can be a starting point, but some of the best clues are already around you.

Look at what you own. What colours, patterns, and fabrics do you keep coming back to? Do you prefer loose, oversized clothes or more fitted shapes? Which pieces never get worn (and why)?

For me, it's about bright and pastel colours. My space is full of them, and rainbows are a big source of inspiration. Comfort matters too: I look for outfits that are sensory-friendly, soft, and expressive. I've noticed that sleepwear is often available in soft fabrics and pastel colours, so I like to add "pyjamas that pass as regular clothes" to my outfits to make them dreamy, comfy, and a little loud. Balance is key!

Finding Clothes

With the internet, it can feel like everything you've ever wanted is right at your fingertips. There's almost always something out there that has what you're looking for.

That said, it's important to think about where your clothes come from. Shopping sustainably, choosing pre-loved pieces, trading with friends or saving up for something that might cost more but last longer, can make a big difference. Reducing how often you shop, and how much you buy, is even better.

My personal rule is to always look at second-hand options first, or trade/borrow from a friend! It doesn't hurt to ask!

Making things yourself is another great option, and the possibilities really are endless. You can sew, crochet, knit, dye, embroider, or glue things together.

✓ releases microplastics
✓ poor worker conditions
✓ falls apart easily
Fast Fashion

D.I.Y can also be especially helpful when you're struggling to find clothes in the right size, texture, style, or fit. I've included a simple D.I.Y project on the next page for you to try. You'll likely already have the materials at home or know someone who does.

FIDGETS

by Mil

They may seem like silly little toys, but they're actually valuable tools that can help with anxiety, focus, and self/sensory regulation.

You might've heard of the basics; fidget spinners, pop-its, and stress balls, but there's a wide range of fidgets that provide different sensory inputs, including but not limited to clicky, squishy, scented, etc. Unsure what type of fidget might benefit you? Let's check out some of the options together 😊

CLICKY/CLACKY FIDGETS

Like the feeling of things clicking under your fingers, or like the sharper sounds that fidgets make?

Fidget cubes have a different button, switch, or mechanism on each of its six sides, making it a great multi-purpose option for those who need variety. Fidget dodecahedrons, with 10 sides, also exist.

Into typing ASMR? These keyboard/keycap keychains are exactly that. It's like a mini keyboard, that you can fiddle with. The keycaps can be swapped out for different colours or designs, or you could even invest in textured keycaps for extra input!



QUIET FIDGETS

Sometimes, you just need a quiet fidget, whether for the classroom, workplace, or in public spaces.

The tangle fidget is fun to mindlessly twist around in your hands, and is very quiet. They can be found in many different colours and even textures for additional sensory input.

A spinner ring is quiet and discreet, though it may require lubricant occasionally to prevent squeaking and ensure a smooth spin.



VISUAL FIDGETS

Prefer to look at pretty colours move in funky ways? Here's some fidgets that are good for visual stimulation.



Liquid motion fidgets feature little blobs of colour that slowly fall down. Each time they fall differently, providing a slightly different visual experience each time.

Some squishy ball fidgets have a different colour on the inside that appears when squished. Different designs and colours means there's an option for everyone

SAFE PAIN FIDGETS

Do you struggle with self harm, or find yourself seeking out things that cause pain as sensory input? These fidgets allow you to redirect those urges and engage in "safe pain", where the pain nerves are stimulated, without causing real harm.

These spikey bracelets provide pressure around the entire wrist, and can be rolled up and down to spread the input. They can provide a safe alternative pain option for those who feel the urge to engage in acts that are more harmful. They also come in a ring version for the fingers.

The Calm Buddi Turtle is pocket-sized, lightweight, and can attach to a key chain to carry with you wherever you go. Underneath the shell is a shallow spiked surface that can provide pain without risk of piercing the skin

