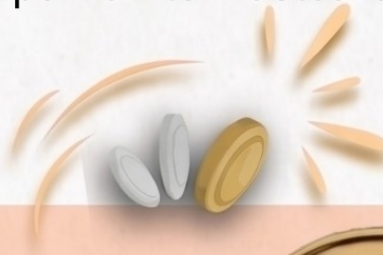




Postcard to Toolbox

For your mental health toolbox this week:
Flipping the coin on loneliness
A companion to Postcard: A Rock Feels No Pain



Abandon the drive-thru for your coffee.



Go inside to get your coffee

Why? This transforms the transaction into an interaction, moving you from anonymous to live human.

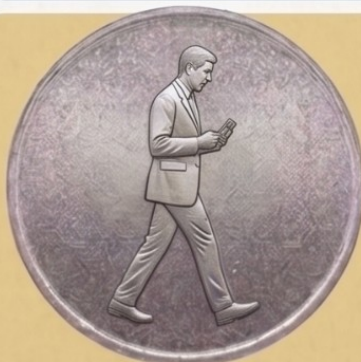


Skip the self-checkout and break the robotic chat



Talk **WITH** the cashier, not **AT** the cashier

Why? This reminds yourself that you are a visible, connected part of the living world.



While walking, put your phone in your pocket.



Walk tall, head up. Smile and nod to strangers along the way.

Why? This signals to your brain, and the world, that you are present and accessible.