

Feeling bad but don't know why?

ask yourself:

how was my sleep?

have i properly nourished
my body today?

how is my social
media intake?

how are the people
around me affecting
me?

how am i doing
with hygiene &
cleanliness?



what am i putting
my energy into?

what is the tone
of my self-talk?

is there a source
of stress, or
something weighing
on me?

what is my
mind craving,
what is my
heart wishing
for?

do i need
some rest?

@crazyheadcomics