

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.

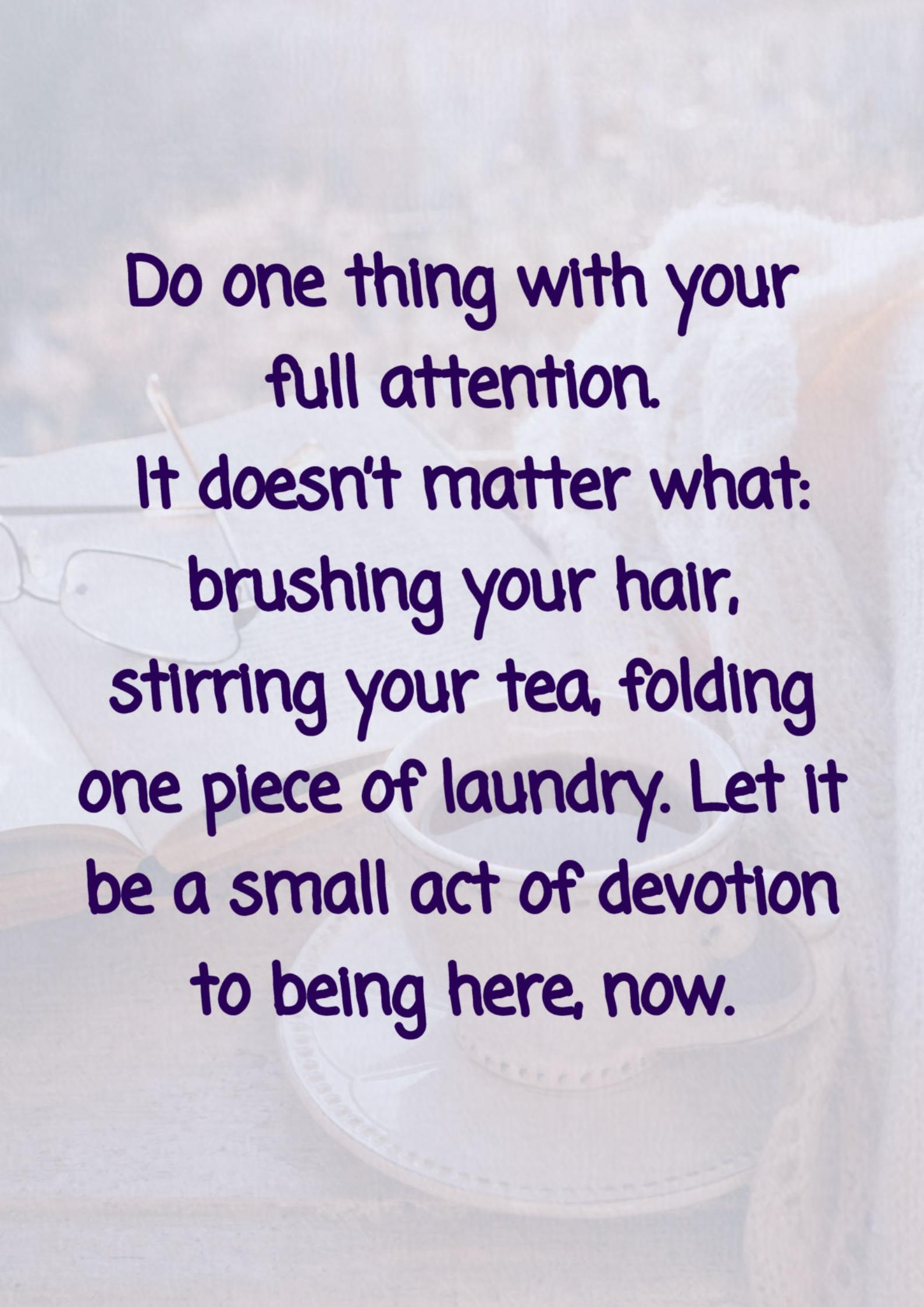
You are allowed to take your time.



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.

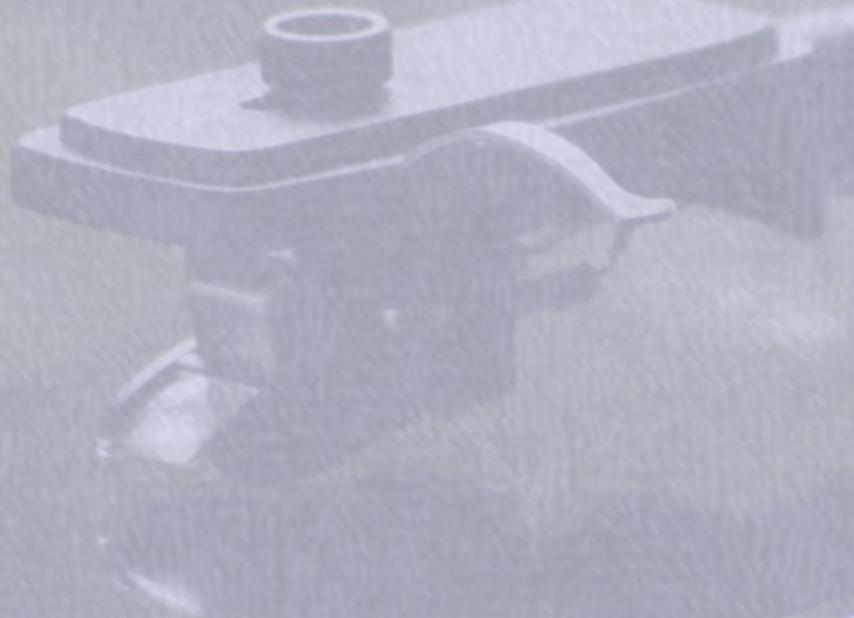
Make your bed and lie in it.

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.

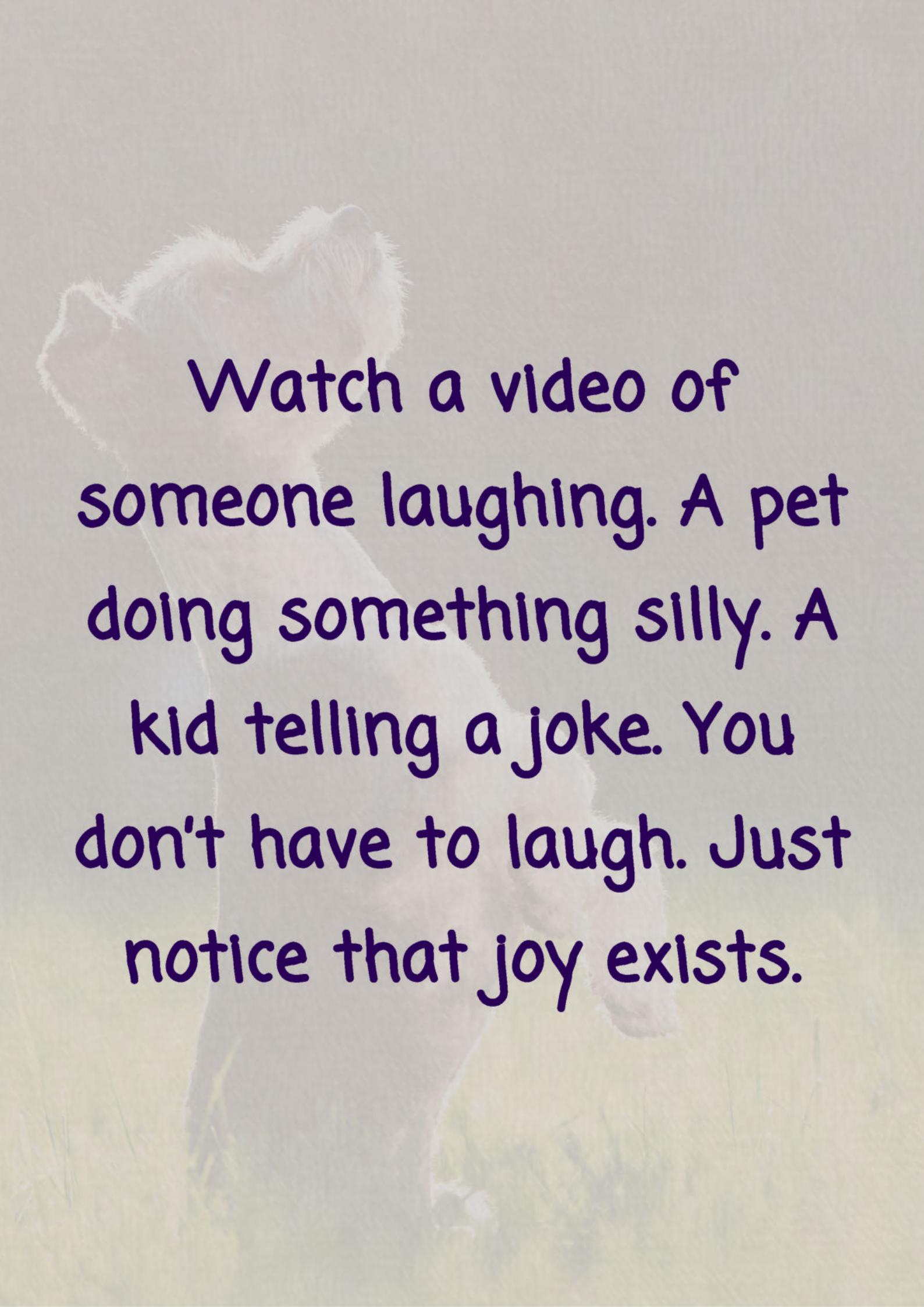
Let texture anchor you.

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 small, white, shaggy dog is sitting in a field of tall, dry grass. The dog is facing towards the right side of the frame. Its fur is light-colored and appears slightly matted. The background is a soft-focus view of more grass and possibly some trees or bushes under a clear sky.

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.

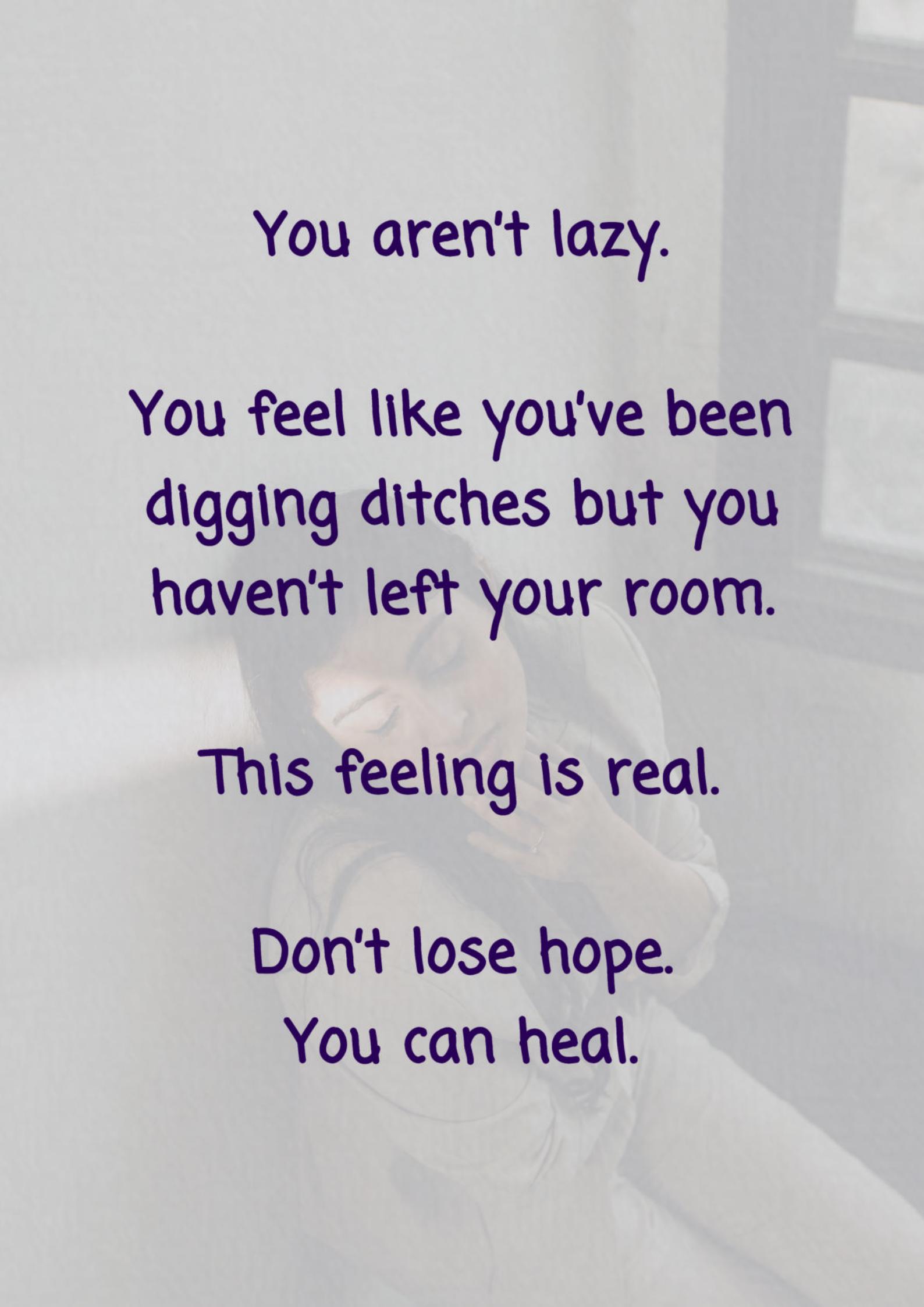
Draw a heart on a
sticky note.

Fold a paper star.

Make a sandwich.

Let your hands remind
you: you still create.



A grayscale photograph of a person lying down. Their head is propped up by their right hand, and they are looking directly at the camera with a somber expression. They are wearing a light-colored t-shirt.

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.

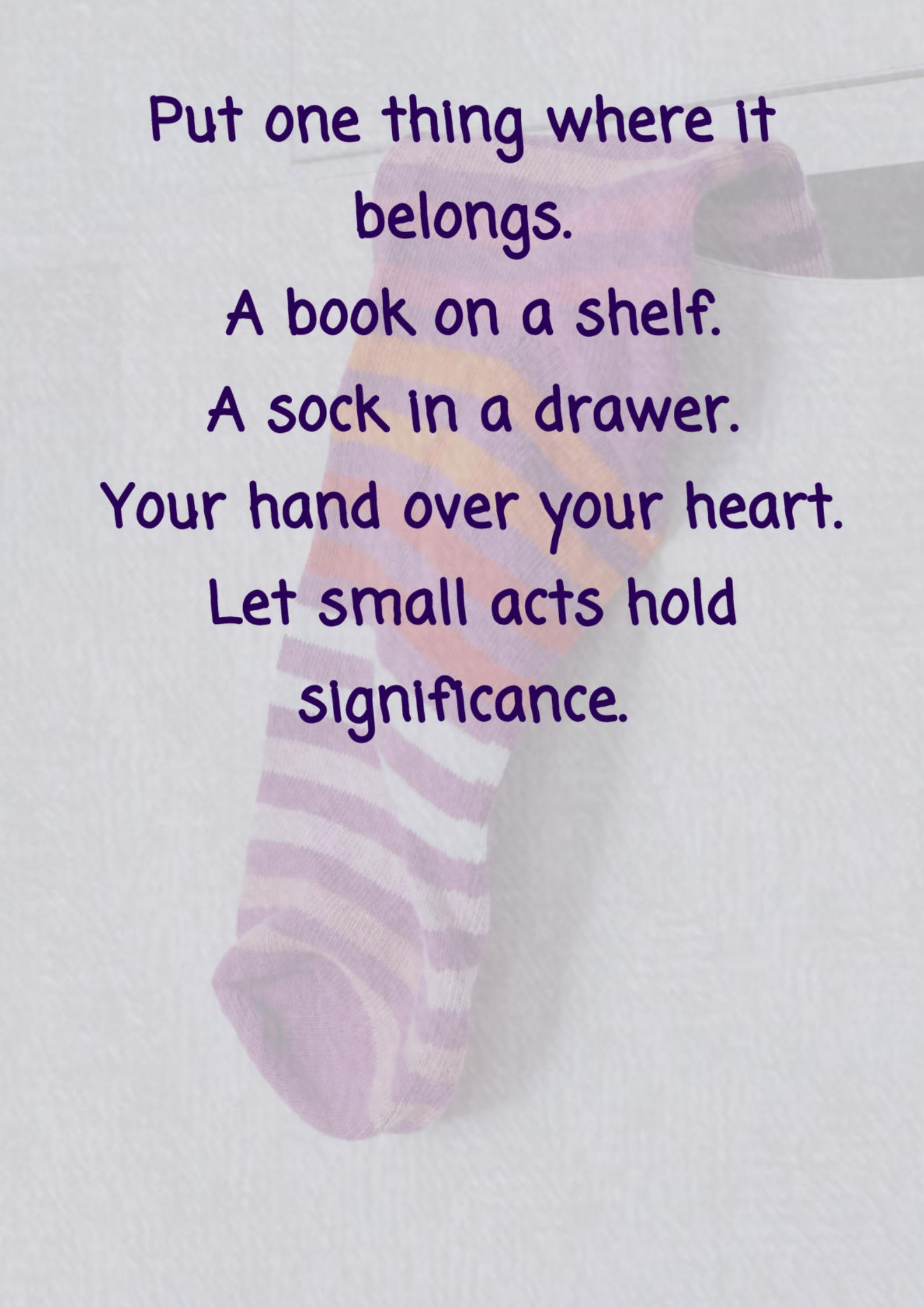
A Lego minifig.

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.



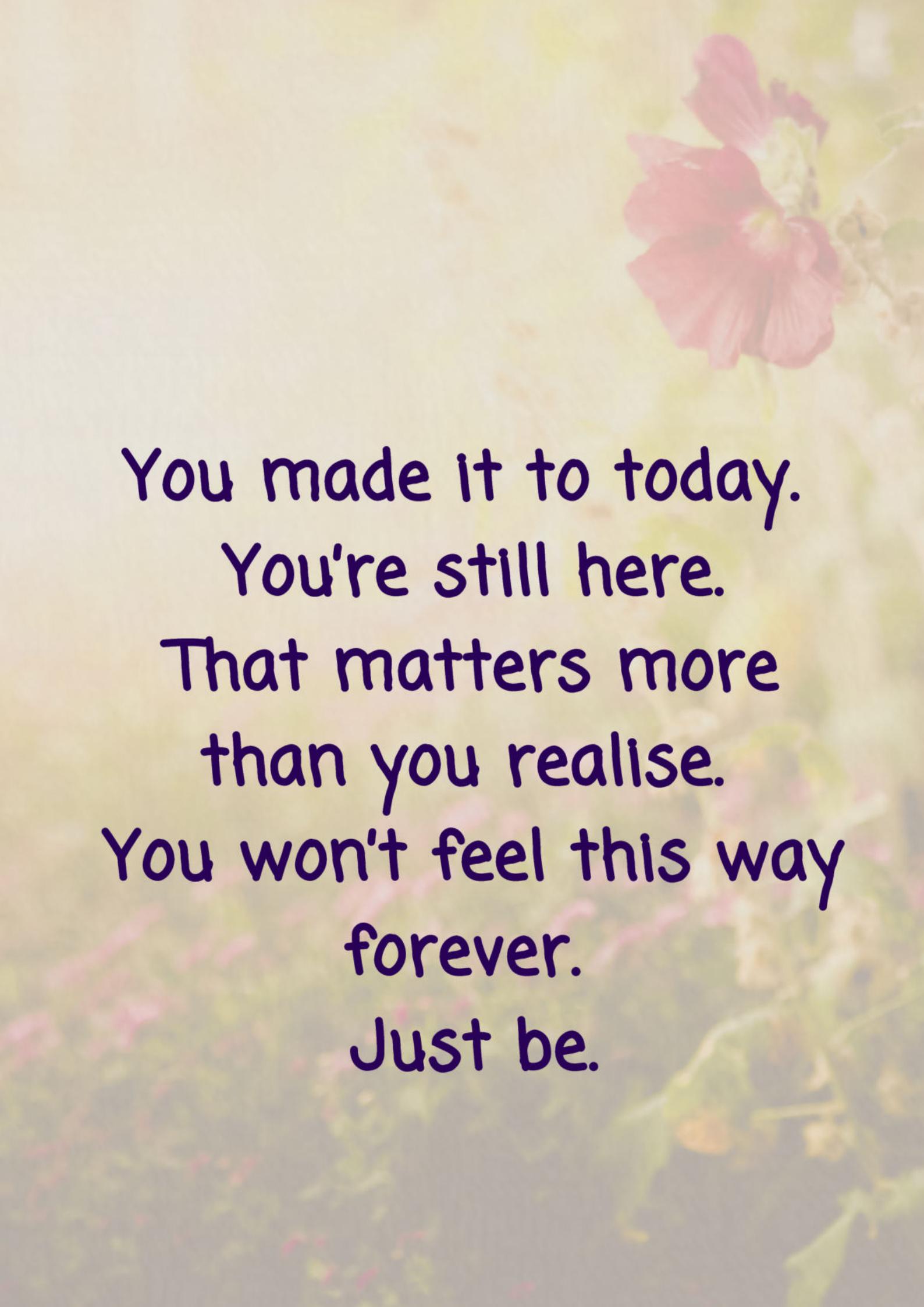
Put one thing where it
belongs.

A book on a shelf.

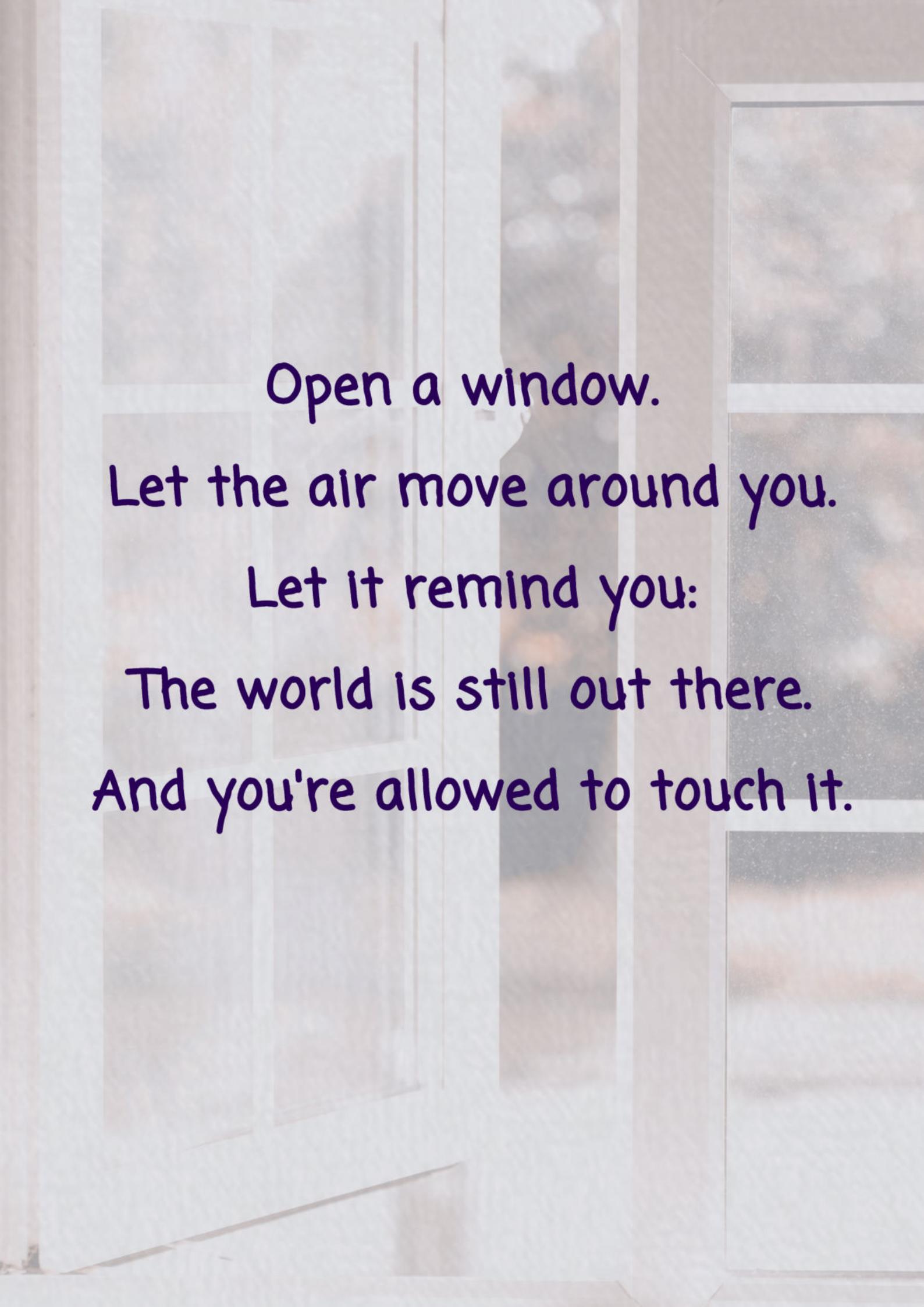
A sock in a drawer.

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.

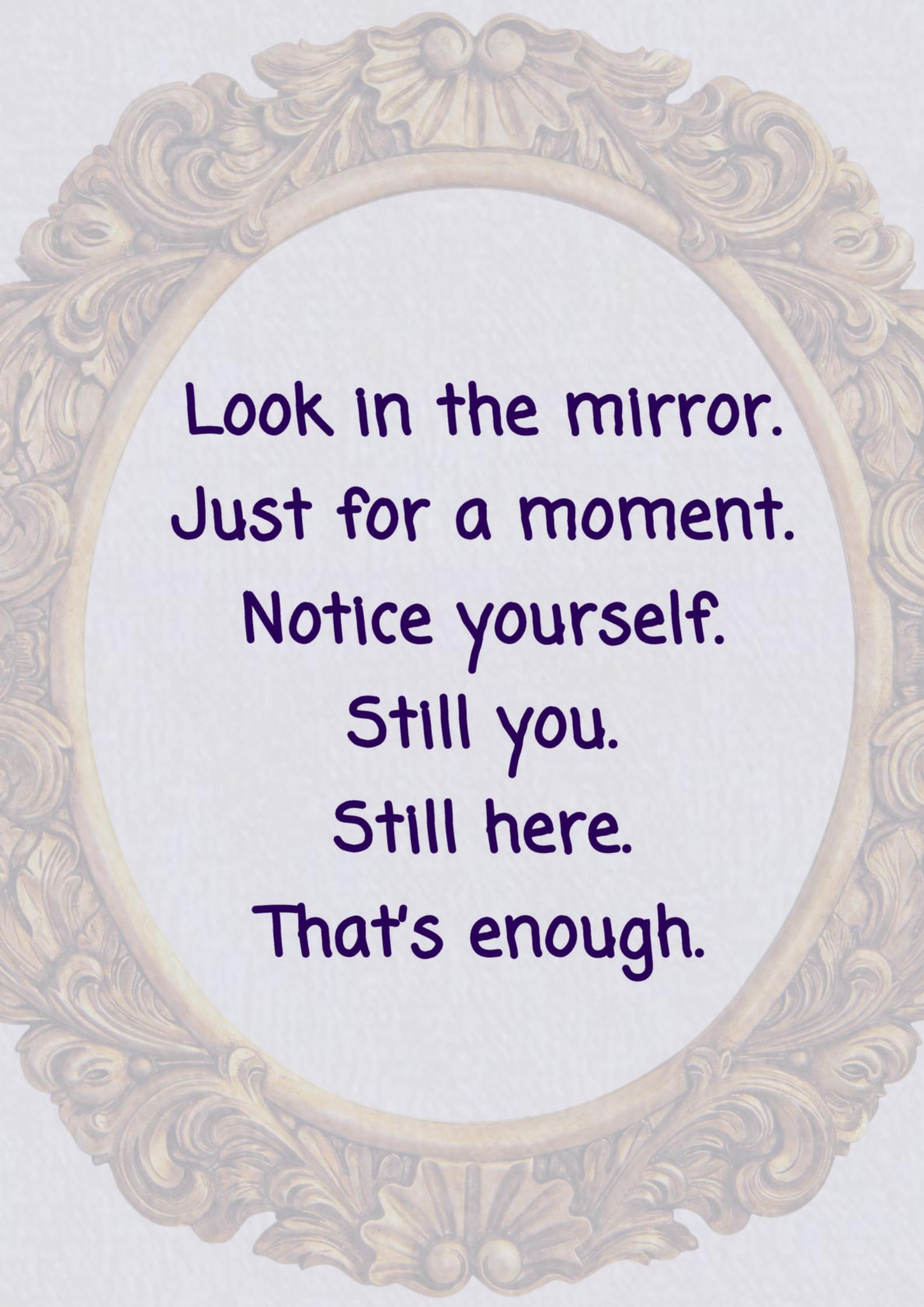
Just: "Hey. Thinking of you."

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.

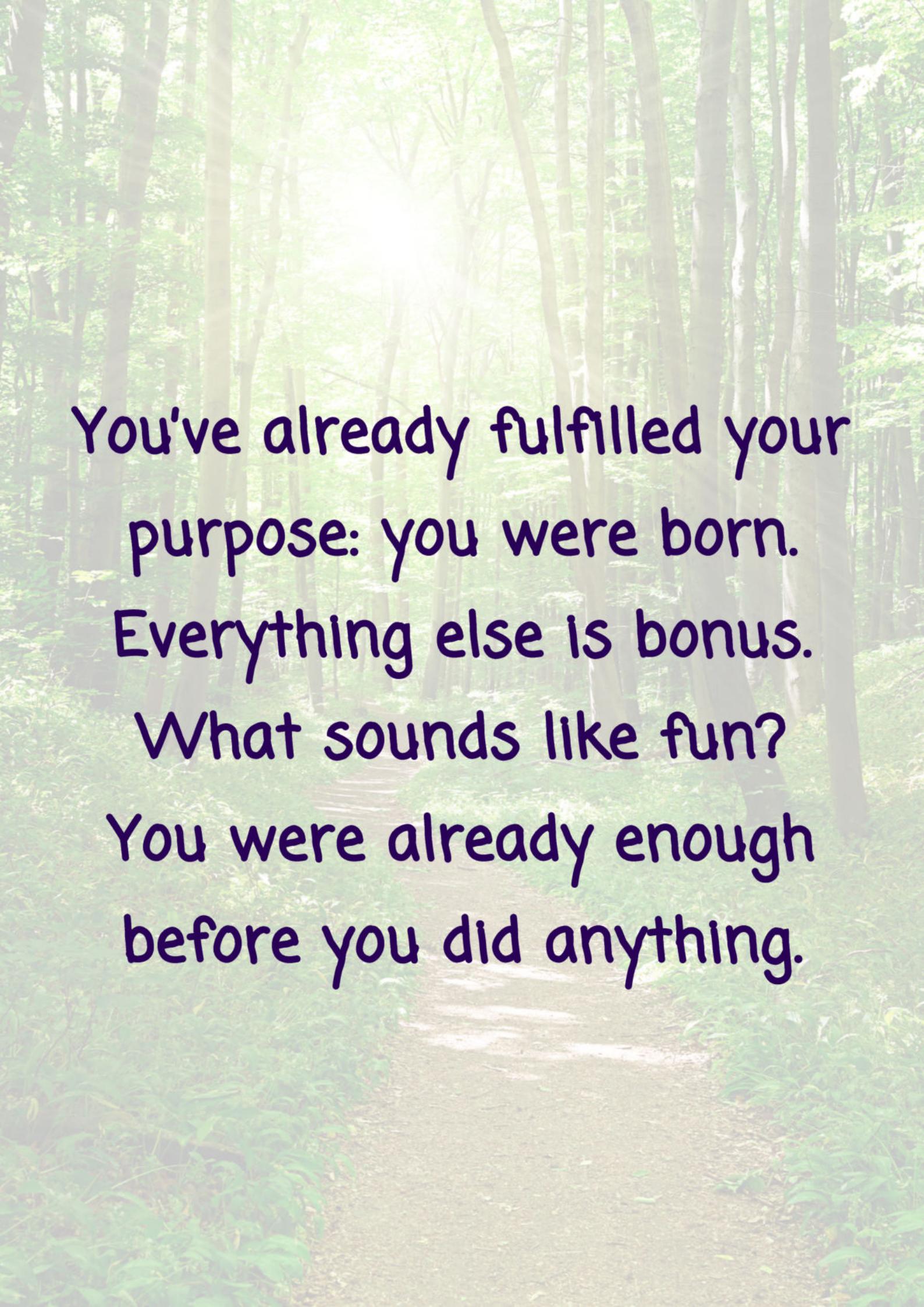
Say what's true, out
loud.

"I'm tired."

"I'm here."

"I don't know."

Even quiet voices
deserve space.

A photograph of a forest path. The path is a dirt trail winding through a dense forest. Sunlight filters through the tall, thin trees, creating bright spots on the ground and dappled light. The surrounding vegetation is lush green.

You've already fulfilled your
purpose: you were born.

Everything else is bonus.

What sounds like fun?

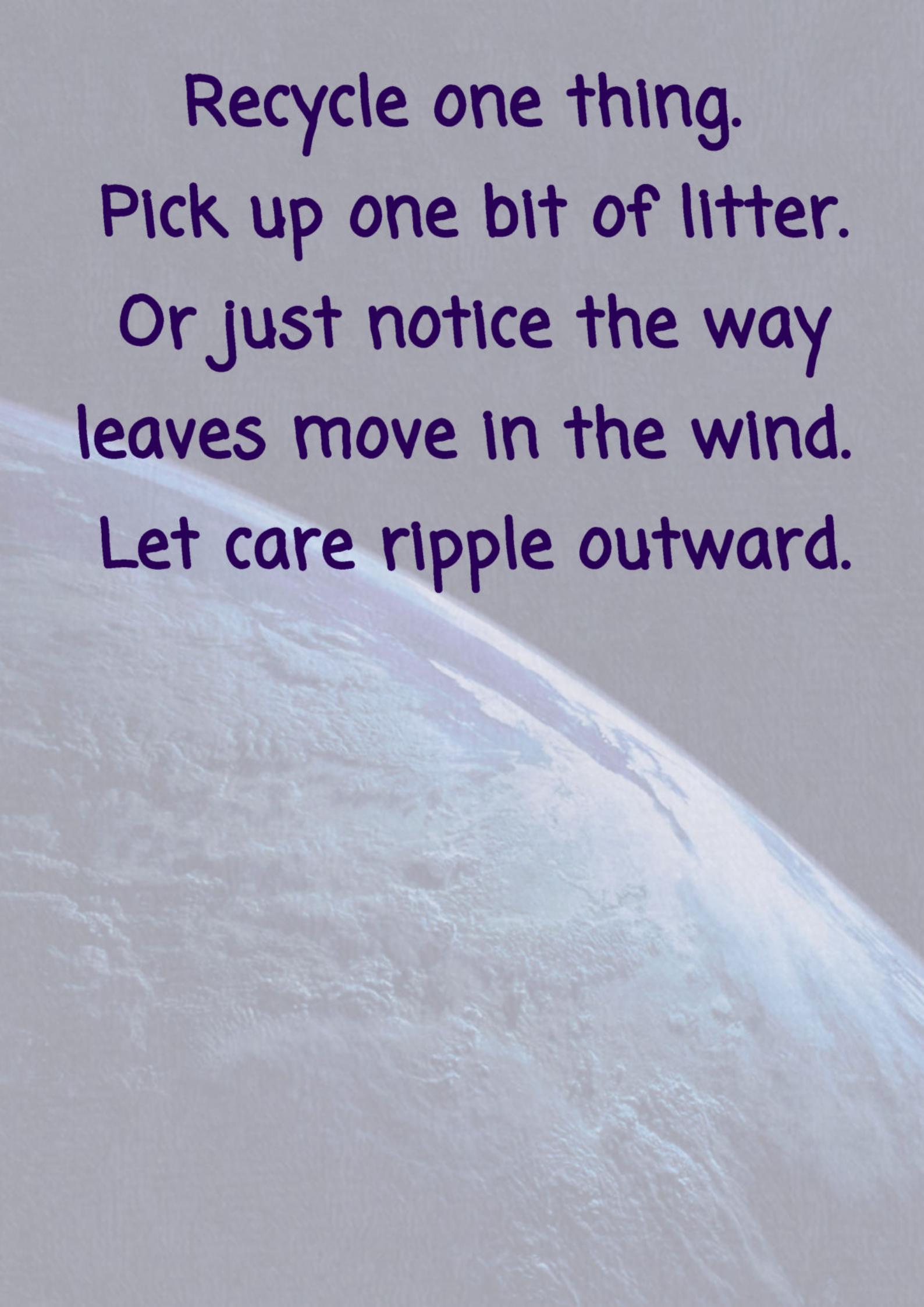
You were already enough
before you did anything.



Watch a video of an
animal being silly.

Offer your pet a treat.
Or pet the neighbor's cat
through the fence.

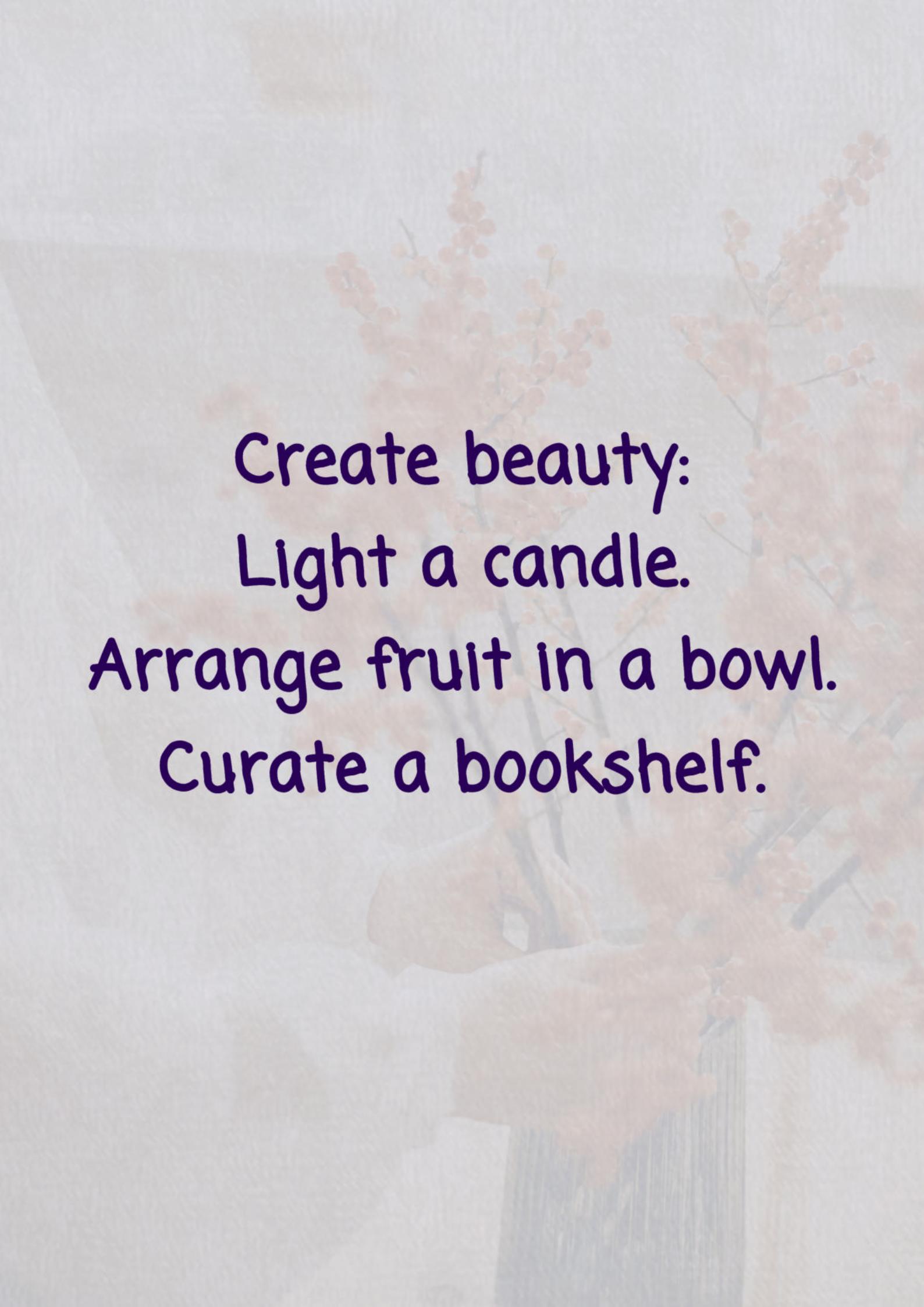
Let affection move you.



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.



Create beauty:
Light a candle.

Arrange fruit in a bowl.

Curate a bookshelf.

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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