

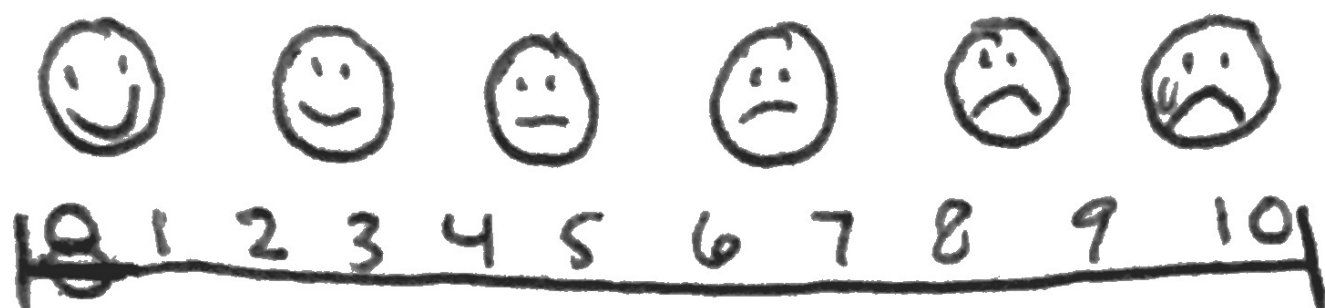
Shizuk2:

quiet, silent, slow,
unhurried, calm,
peaceful

sign in
sign up

hello, Bnn

how are ya feeling?



check calendar
to see how you compare
to past days

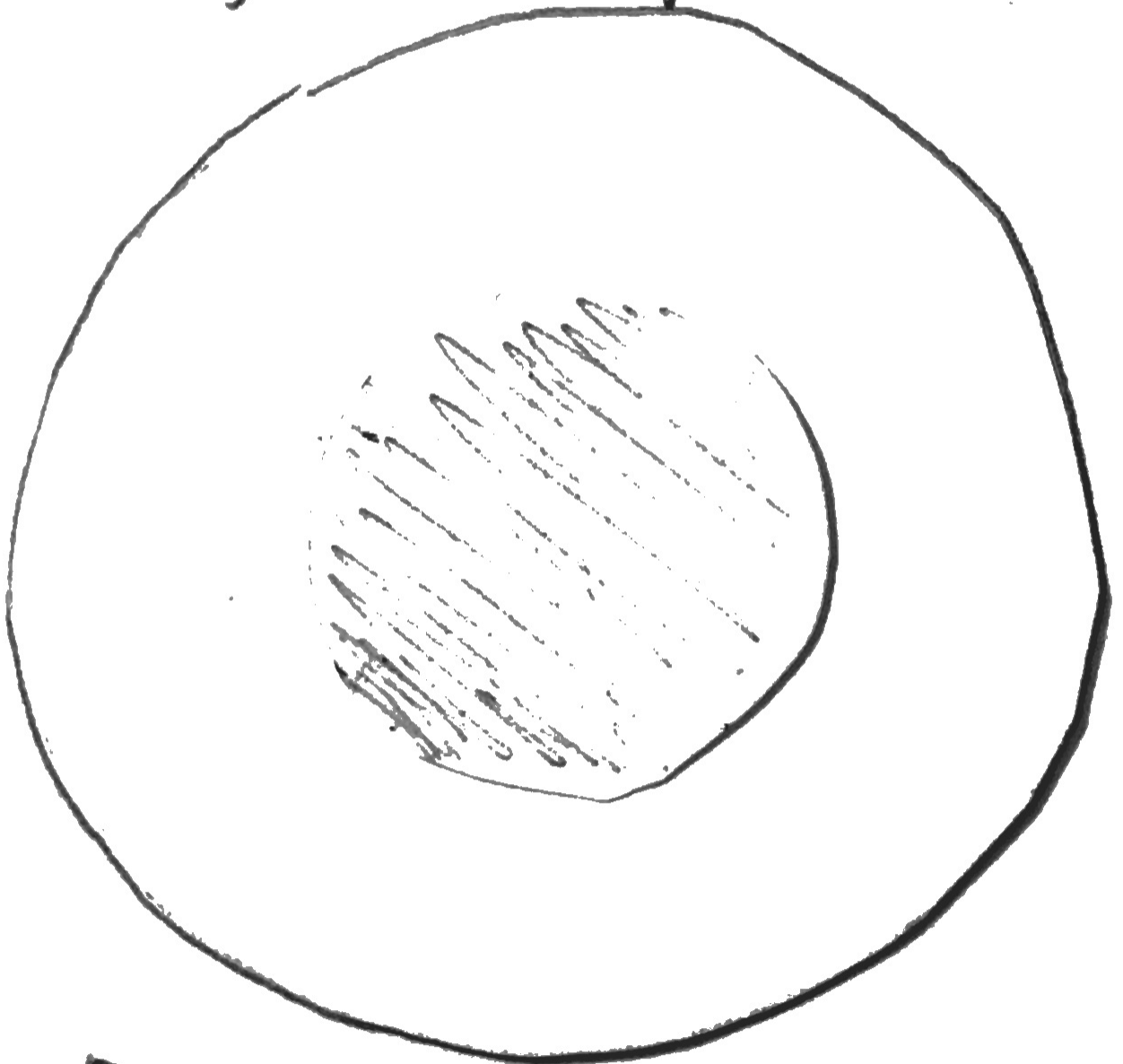
how can we help you
today?

- I need to breathe
- I need to see a list of calming and/or distracting things
- I need to write down my thoughts



breathe

Time your breathing
with the pulsing of the
circle. In when it goes
in, out when it goes out.



Repeat until you can
breathe on your own.



HOME



BREATHE



LIST



THOUGHTS



SETTINGS

The list
2 curated collection of
calming or distracting items

Search the list

filter by: images - links - videos - text

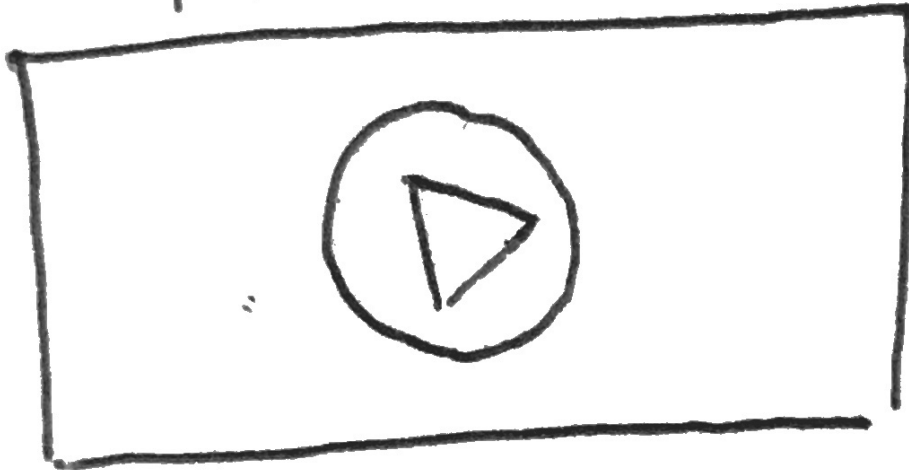
have you seen the marvelous breadfish?

breadfish, co. UK

submitted by —

cw: water, fish

my cat playing with a stim toy



submitted by —

cw: cats, epilepsy

thinking errors!

All-or-nothing thinking —

seeing things as black or white

cw: therapy



HOME



BREATHE



LIST



THOUGHTS



SETTINGS

~~The~~ thought box

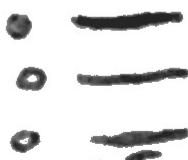
write whatever is on your mind.
when you're done, press send and
it will fly away forever.



HOME



BREATHE



LIST



THOUGHTS



SETTINGS

settings

name: Brin

pronouns: she/her

email: example@example.com

password: o o o o o

save changes - cancel

blacklist:

car accidents, car crashes, spiders,
school

save changes | cancel



HOME



BREATHE



LIST



THOUGHTS



SETTINGS