

popINK Studios

# Feel Like Yourself Again

A soft guide back to yourself

**You're doing what needs to be done...  
but it feels distant.**

**You're there...  
but not really there.**

**You used to know who you were  
before this became your whole life.**

**You still love it.  
You just want yourself back too.**

# for this moment

You don't need to fix everything.  
Just start small.

One moment.

One choice.

One thing that feels like *you*.

# 3 small shifts

*step away, even if it's just a minute*

- close a door
- breathe
- exist outside of the role

*do one thing that feels good*

- not productive
- not for anyone else
- just yours

*choose something that brings you back, even a little*

- a song
- a walk
- five quiet minutes with something you love

# just a small check-in

- I gave myself a moment
- I stepped away, even briefly
- I chose something that felt like me
- I didn't rush this
- I let this be enough

# a simple reflection

What do I need right now?

there's no rush