

REMOVE RECALIBRATE REST REFILL RECONNECT RESIST



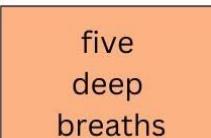
**look out
the
window**

excuse
yourself
from the
conversation

put down
your phone
for an hour

don't watch
news for a
whole day

take a
~~social media~~
hiatus



name five
things you
can see



tense
and then
relax five
muscles



meditate
for five
minutes



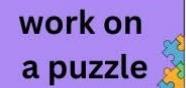
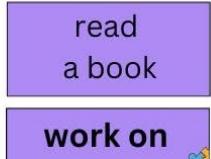
watch a show
you've
already seen



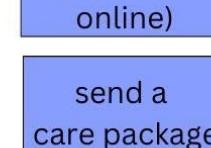
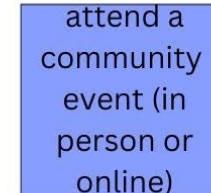
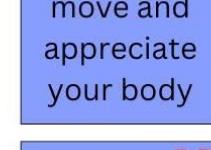
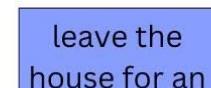
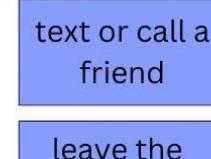
SLEEP
Zzzzz



make your
home
an oasis



**spend
time
in
nature**



**call your
senators
and reps**

