

Fill me out when you're feeling good; keep me in your wallet for when you're feeling blah!

Remember, you're the only you there is! Please, take care of yourself!



FIXING the

BLAHs



This zine is for the blahs — ordinary crummy days, not emergencies. (For that, try the Bad Day Book.) First, chart your position!

HOW DO YOU FEEL?



HOW PERKY ARE you?



RECHARGERS & ⚡

Rechargers help you regain energy not just kill time — a nap, a snack, time with pals. Name some of your rechargers:

The more tired you are, the more tempting it is to do mindless things that require no effort... but don't recharge you either. (I molders on the Internet.) Name some of your time-wasters:

☹️ BUMMERS AND BOOSTS

What makes you feel better?

- Do something nice for someone. (I like finding gifts, or thanking folks.)
- Keep a cheering book/movie around! (I swear by James Herriot.)

When you feel lousy, what makes you feel better? Worse? (I can't be online when down; it's too easy to wander into a crisis clickbait cycle.) What do you need to avoid?