

Maybe You're Just Tired, Not Broken

A Simple Guide to Feeling a Little More Human

by *The Quiet Help*

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A simple guide to help you feel less overwhelmed and more human — especially when the world expects too much, too fast.

1. You're Not Lazy. You're Exhausted.

If you're struggling to do basic things — showering, cooking, replying to a text — it's not because you're broken. It's because your body or brain is asking for rest, understanding, or help.

Try this:

- Say out loud: "My needs are valid."
 - Ask: *What would help me feel 5% better right now?*
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2. Productivity Isn't the Same as Worth

You don't have to earn rest. You don't have to prove you're trying hard enough. You're allowed to have value even when you're doing less.

Try this:

- Replace "I should" with "I could."
 - Rest without guilt. Really. Set a timer if it helps.
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3. Break It Down Even More

Tasks can feel impossible when they're too big or vague. Break them down until they feel almost laughably small.

Instead of:

- "Clean the house" →

Try:

- "Put one dish in the sink."
- "Throw out one piece of trash."

Then stop, or keep going if it feels okay.

4. Routines Are Training Wheels

Consistency doesn't have to mean rigidity. Simple routines create safety — even if it's just brushing your teeth and drinking water in the morning.

Try this:

- Morning: Wake up, drink water, open a window.
 - Evening: Dim the lights, stretch, put your phone away.
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5. Ask for Quiet Help

You don't need a big dramatic rescue. Sometimes you just need a gentle nudge, a quiet tool, or someone who gets it.

You are not alone. You are not a failure.

You might just be tired. Not broken.

Made with care by The Quiet Help

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