

recharge after a day of MASKING

@MENDEDCHAOSCO



Find a low-stimulation
space to unwind



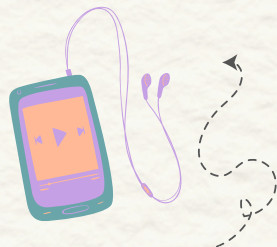
Talk to a friend



Rest Guilt Free



Warm Shower



Listen to your
favorite music



Screen-Free Time



Fidget toys

