

Stressed. Tired. Worn out.

**When life feels heavy,
small swaps can help.**

Quick, simple changes might make a big difference.

1. Can't switch off?

Swap the scroll for a pause.
Even two minutes of calm
can reset your head.

3. Problems piling up?

One step, one thing,
one moment at a time.

5. Stuck in your head?

Write it down, let it out,
clear some space.

7. Feel like giving up?

You're not failing, you're
tired. Rest, don't quit.

2. Always running on empty?

A short break now is better
than a full crash later.

4. Losing your patience?

Step back before you snap,
a breather beats regret.

6. Nights dragging on?

Trade late-night worries
for an early wind-down.

If it still feels too much, don't carry it alone.
Reach out for support - help is closer than

Visit www.thisisheads-up.uk

