

No one ever hated themselves well.

is through.

Grow where you're planted. The only way out

Do what you can and be a friend to yourself.

You do it and you feel terrible.

it and you're well and it's a triumph when

little activity. It's a triumph when you do

"deserve" food, clean clothes, or a fun

You don't have to do anything at all to

Self maintenance is not something you earn.

cherish us. All work matters.

connect with those around us who love and

is staying alive so we can continue to

impacting the world and sometimes our work

Sometimes our work is going out and

unusual, past, present, and future.

Not being able to get out of bed is not that

will continue to for the foreseeable future.

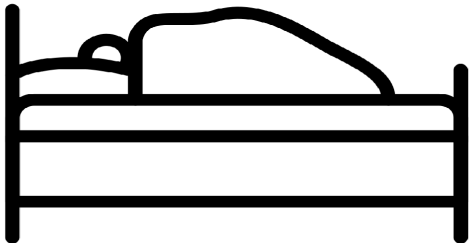
happened at every point in human history and

Illness, both physical and mental, has

Mindset

the bedside companion

a zine for when you can't get out of bed



▼ mothqueer free press ▼

changes can indicate dehydration.

to keep plenty of fluids near your bed. Mood

you're thirsty. Remember electrolytes. Try

At the top of the hour, check in and see if

Fluids

think "Breathing out, I am breathing out."

Breathing in". Breathe out as comfortable &

comfortable and think "Breathing in, I am

Simple Meditation: Breathe in as is

for maintaining, focus.

for 4, let it out for 4, hold for 4. Good

Box Breathing: Breathe in for 4 counts, hold

breath out for 8. Good for calming down.

4-7-8: Breathe in for 4 counts, hold for 7,

eventually trigger a yawn to help calm down.

moving your head, hold; this should

Yawn: Look all the way to your left without

Let it out slowly.

Breathe a little bit more. Hold a second,

Reset: Breathe in deep. Hold a few seconds.

Find the exercises that work best for you.

Breathing

♥ check in with kindness ♥

How is your breathing?

Do you have something to drink?

Have you fed yourself in the last few hours?

Have you tended to your hygiene?

Have you changed your clothes?

Have you gotten some enjoyable movement?

Have you tended to your environment?

Have you taken a screen/social media break?

Have you reflected or been spiritual?

Have you done a kind deed for another?

>>> Even a minute counts. Do your best and then go rest. <<<

Oatmeal. Ramen. Canned Soups. Frozen meals.

Burritos. Spread refried beans + cheese.

Poke a potato. Microwave 3-5 both sides. Top

Panake mix can be microwaved in a bowl.

and canned chicken and microwave until warm.

Instructions. Add to mixed up potato flakes

Microwave frozen veggies according to

cheese or microwavable rice for meal.

for a snack or put on soft taco shells +

microwaved for 10 minutes or until crispy

Drain canned chickpeas, top with spices, and

for 2-3 minutes, top with cheese + salsa.

Crack an egg, poke yolk with fork, microwave

have more options.

Microwave: if you can use a microwave you

mix, honey + peanut butter sandwiches, etc.

cookies, bags of cereal, rice cakes, trail

applesauce or fruit packets, packaged

protein or granola bars, pop-tarts, crackers,

bed, chips, jerky, packets of peanut butter,

some shelf stable favorites and keep by your

Bedside: in an airtight container stash

Food

Social Media + Screen Break

With screens, every 20 minutes (or as you

remember), look 20ft away and blink 20 times

With social media, commit to closing out of

it when it makes you feel crappy instead of

scrolling further to find something else.

Ideas for alt bed activities: read, journal,

one handed solitaire, solo journaling rpgs,

solo ttrpgs, birdwatching, small puzzles,

sudoku, meditation, podcasts, write letters,

crochet, embroidery, friendship bracelets,

origami, call a friend, ham radio

Kindness + Give Back

Doing something small for someone else helps

one get out of their own head.

Do a small kindness for a friend or

relative: thank them for something they did,

send them a letter, give a small gift.

Volunteer: Train and chat on 7cups. Crochet

or knit for Warm Up America. Write for

Letters Against Isolation. Create a

resource. Write image descriptions.

If able to stand, walk in place + side step.

Stretch: Start at feet and work your way up.

Cardio: air pedaling, boxing, sit + kick

floor + set down, leg raises, bridge, plank

Strength: arm raises, pull something off

do it. Move to feel good. A minute counts.

Always heed your doctor's advice. Don't over

Movement

you can't, just change your underwear.

Ideally change your clothes once a day. If

prevents mental health issues.

Moisturizer prevents skin issues. Deodorant

Toss bottle or wash cup when you're able.

Use toothbrush and spit into the bottle/cup.

an empty water bottle or cup by your bed.

Alternately, keep brush, toothpaste, and

Disposable toothbrushes are an option.

and working out. Dry shampoo can help.

starting with underarms + between your legs

If you're unable to shower, use wet wipes

Hygiene

Tidying + Cleaning

Set a timer. Start with 5 minutes at a time.

Start by clearing a safe path from bed to

bathroom, food, and front door/exit.

KC Davis - 5 Things Tidying: one at a time

collect trash, dishes, laundry, things that

have a place, things that don't have a place

Dana K White - No Mess Decluttering: trash,

easy donations, things that have a place

(take it there now), the two questions ("If

I needed this where would I look?" "Would I

know I already had one?"), container con-

cept/make it fit.

Check out Adaptive Cleaning by Sarah McGlory

for how to break down cleaning tasks.

Spirituality + Reflection

Whatever brings you purpose or meaning spend

time reading/watching or engaging with it.

You don't have to be religious to pray. You

can pray to concepts, nature, or no one.

Take 5 minutes and journal. Write, type, or

voice memo. Currently feeling? Gratitude?