



ANTIWHELM

23

WAYS TO MAKE LIFE LIGHTER

Less fixing. Less working. More living.

MOST ADVICE TELLS YOU HOW TO MANAGE MORE.

Antiwhelm asks why you're managing it
in the first place.

You can like your life
and still want parts of it to change.

The same argument.
The automatic yes.
The pressure to figure everything out.

Look at what you keep doing.
Look at what happens when you do it.
If it isn't helping, try a different move.

1 IS THIS ACTUALLY YOURS TO DO?

Someone asks. You say yes.
Now it's another thing on your list.
Before you agree, stop.
Does this need doing?
Does it need to be done by you?

2 STOP TRYING TO FIGURE IT ALL OUT.

Right this minute. Right in this moment.
You can stop.
Go to work. Eat. Handle what needs handling.
The job. The relationship. What comes next.
You don't have to figure all of it out right now.

3 YOU DON'T HAVE TO BELIEVE EVERY THOUGHT.

They haven't replied. They must be mad.
Something could go wrong. It definitely will.
Your mind can make a guess sound like a fact.
Before you act on it, ask:
What do I actually know?

4 YOU DON'T HAVE TO REACT TO EVERY FEELING.

You're angry. You want to send the text.
You can be angry without sending it.
You feel guilty. You want to change your no.
You can feel guilty and still mean no.
Give yourself time before you act.

5 DECIDE WHAT YOU WILL DO NEXT.

You can't make someone change.
You can't make them understand.
You don't even choose every thought that shows up.
You can work on your response. Your actions.
What will you do with what's happening?

6 NOTICE WHAT YOU KEEP DOING.

The argument starts. You jump in.
Someone struggles. You take over.
You do it before you've thought about it.
That's the autopilot.
Catch yourself. What do you normally do next?

7 STOP REPEATING WHAT ISN'T WORKING.

One more time. Maybe this time will be different.
But has doing this been helping?
If nothing changes—or it gets worse—pause.
Try the opposite of the response keeping you stuck.
Don't send it. Don't chase. Let someone handle it.
Catch yourself doing it again? Pause again.

8 LET IT FEEL UNCOMFORTABLE.

You said no. Now you feel bad.
You stayed out of it. Now you want to step in.
The old response feels familiar.
That doesn't mean it works.
Give the new response a chance before you undo it.

9 STOP LETTING THE PAST DECIDE TODAY.

It happened. It mattered.

It may still hurt.

You don't have to pretend otherwise.

But what do you want to do with today?

Come back to where your feet are. Start here.

10 WORRYING WON'T PREVENT IT.

You've imagined six ways it could go wrong.

None of them has happened.

Is there something to do now? Do that.

Make the call. Check the number. Make the plan.

You can handle the next thing when it happens.

11 YOU CAN CARE WITHOUT TAKING OVER.

Listen. Offer help.

Let another adult make their own choices.

You don't have to manage them to love them.

You can decide what you will accept.

And what you will do if it continues.

12 JUST BECAUSE YOU CAN DOESN'T MEAN YOU HAVE TO.

You're good at it.

You'd probably do it faster.

You could squeeze it in.

That doesn't make it your job.

Let someone else do their part.

13 YOU DON'T NEED EVERYONE TO AGREE.

They can dislike your decision.

They can misunderstand.

You can explain yourself and still disagree.

You don't have to keep explaining
until they give you permission.

14 LOOK AT WHAT YOU'RE DOING, TOO.

You can be right about what they did
and still need to change what you're doing.

Did you snap? Apologize.

Did you make a mistake? Fix what you can.

Then change your part of what keeps happening.

15 ASK WHOSE RULE YOU'RE FOLLOWING.

Good people always say yes.

By this age, you should have more.

You can't change. That's just who you are.

You've heard it. You may believe it.

Does it get to decide how you live?

16 SEE WHAT YOU CAN STOP DOING.

The routine you dread. The extra commitment.

The thing nobody would miss.

Before you find a way to fit more in,
see what can leave.

You don't have to keep doing it because you started.

17 DON'T TURN EVERYTHING INTO A TASK.

You wanted to drink more water.
Now you're maintaining a tracker.
You wanted to paint. Now you need a shop.
You can drink the water. Paint the picture.
Leave the extra work out of it.

18 MAKE IT EASIER.

Fewer steps. A shorter meeting.
Dinner that doesn't take an hour.
Ask for help. Use the shortcut.
Make it work on an ordinary, tired day.
Harder doesn't automatically mean better.

19 LEAVE SOMETHING ALONE.

The drawer is messy. It still closes.
The email is clear. It can go.
Someone does it differently. It gets done.
You don't have to improve everything you notice.
Let something be finished.

20 TAKE THE BREAK.

Eat. Sleep. Sit down.

You don't have to be exhausted first.

You can leave something unfinished.

There will always be more to do.

Take care of yourself while there's still more to do.

21 STOP COMPARING YOUR LIFE TO THEIRS.

Their good news takes nothing from you.

Their timeline isn't your deadline.

And that internet you're comparing yourself to?

Some of it is staged. Edited. Made up.

You're living a whole life. You're seeing a piece of theirs.

22 DO SOMETHING BECAUSE YOU WANT TO.

Play the music. Make something. See your friend.

Put something you want in your day.

It doesn't have to make money.

It doesn't have to make you better at anything.

You're allowed to just like it.

23

YOUR LIFE IS NOT A PROJECT.

There will be things left to do.
Things you don't know.
Things you're still figuring out.

Your life is happening anyway.
You don't have to wait until it's all sorted
to live it.

GO LIVE IT.



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