

3 Minutes of Joy

A Tiny Ritual for When Life Feels Too Damn Loud

Hey you,

If you're here, I already know something about you, you've been holding it all together for too long. Smiling when you don't mean it. Whispering "I'm fine" when you're anything but. Same. So let's not pretend.

This isn't a fix or a glow up. It's a pause. Three quiet minutes where you don't have to perform, plan, or push.

A sip of peace. A breath of truth. A moment that's just yours.

Because joy isn't something you earn. It's something you remember, even here, in the mess, in between the dishes and the deep sighs.

So take what you need. Leave the rest.
No guilt. No shoulds. No pressure to sparkle.

Just one small, honest ritual that reminds you, you're still in there.

Love,
Sarah xx

"Me Too" Audio Hug

A voice note from someone who gets it.

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The Tiny Joy List

Simple, doable ideas to shift your mood, fast.

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3 x Wallpapers

A reminder on the screen you see most.

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