EMOTION GUIDE: "Meh" zzz

BODY SIGNALS

DISTRACTED
You fidget and thoughts keep wandering off.



BORED
Can't finish the task, you feel restless and irritable.



DISENGAGED
You feel "shut down" and unable to move or think.



WHY WE FEEL IT

"Meh" is the feeling we get when our brain isn't learning or having fun. It's our brain's way of trying to save energy and avoid being unproductive.

TRIGGERS zzz

- doing something that feels too hard
- a task feels too confusing
- doing "work" or "chores"
- spending too long on one activity

HOW TO PROCESS IT

- BREAK TASKS DOWN FURTHER
- SET A TIMER TO FINISH
- TAKE A BREAK & HAVE FUN
- REWARD EACH SMALL STEP
- LISTEN TO UPBEAT MUSIC

Feelings are messages from our body. Listening helps us take good care of ourselves!

Lydia Fox