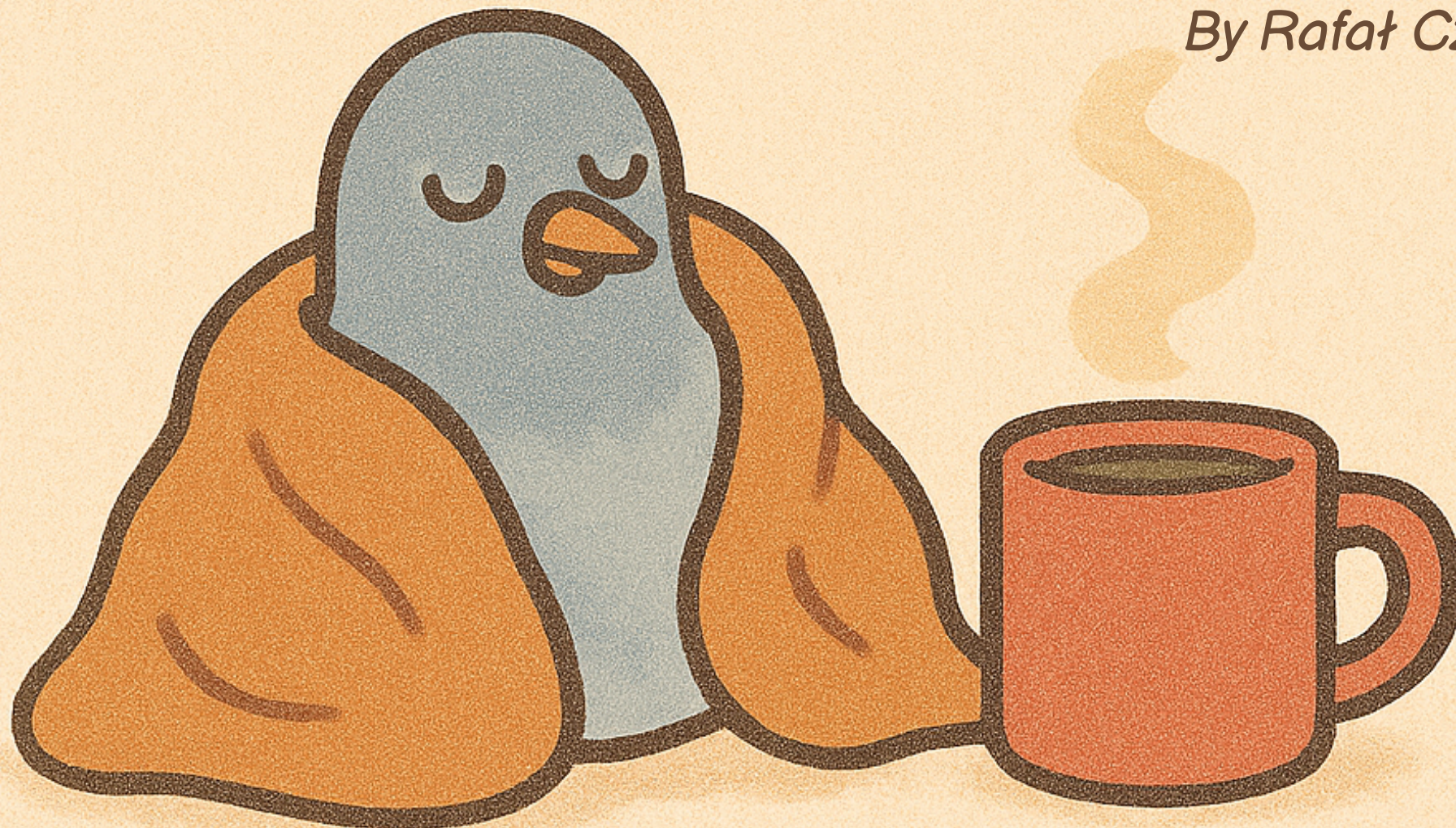


FUNDMYCHILL ANTI-ANXIETY COSY LITTLE BOOK

By Rafał Czajkowski



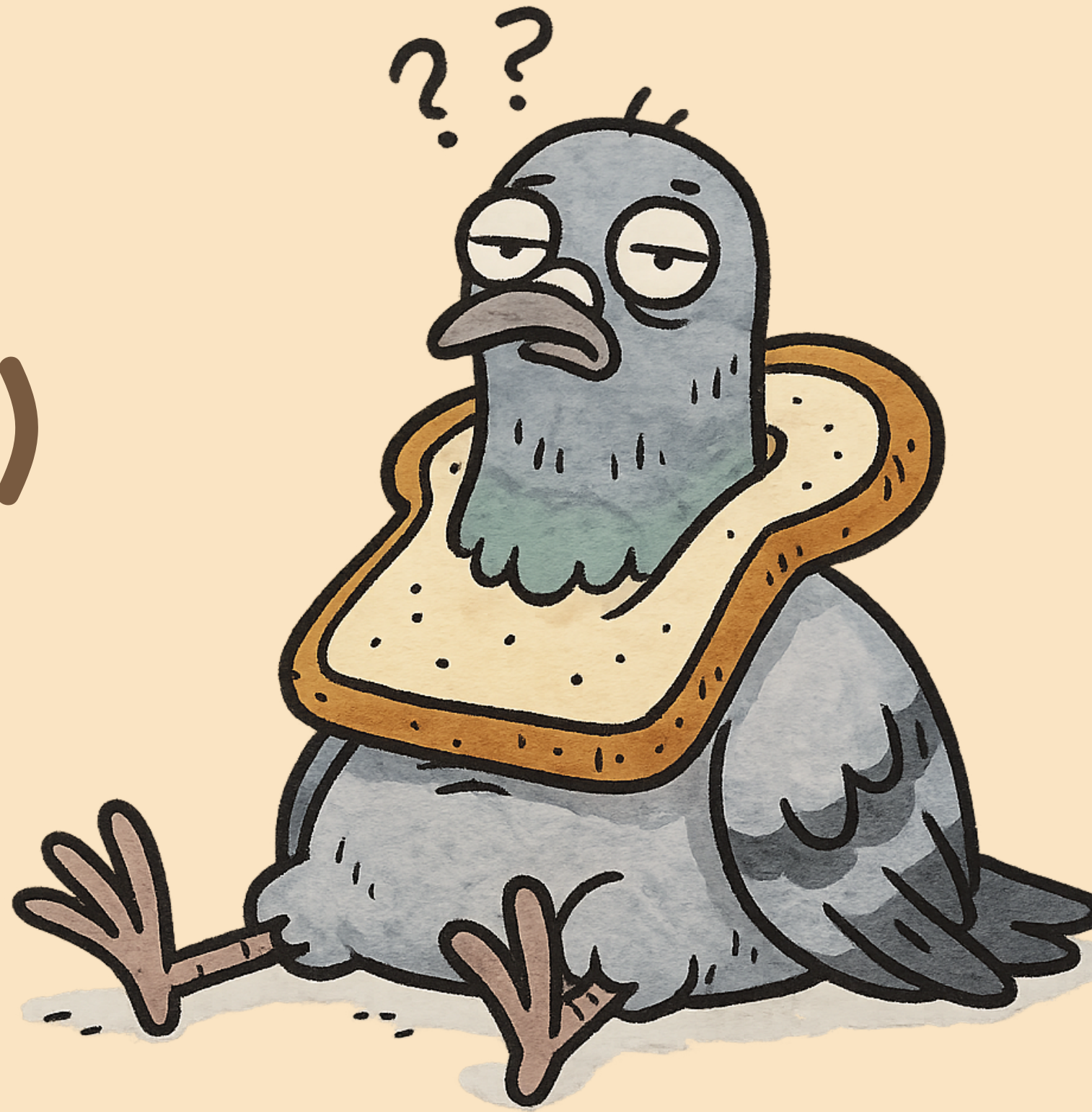
CHAPTER 1.

CRUMB(LE) DAYS

AND HOW TO TACKLE THEM

(don't worry, no jogging or gym involved)

1. crumb checklist
2. coffee addict checklist
3. no idea what i'm doing checklist



ok so today you might feel like a crumb huh??

not the whole loaf? not even a slice?

BUT THAT'S FINE FRRR no need to crumble under pressure

because pigeons love crumbs!!

if you hate pigeons close this book rn cause they LOVE YOU

ok anyways

your job today is to just exist lol

maybe drink something that isn't tea or coffee

i always forget to do this ehh

i mean tea has water so whatever

you don't need to bloom like a fricking cactus

you don't need to hustle like a gangsta wRapper

you don't need to respond to that stupid work email

your crumb checklist:

> *vibe*

> *snack some chips*

> *try to stretch and maybe not die in the process*

> *go for a walk and pet some animals*

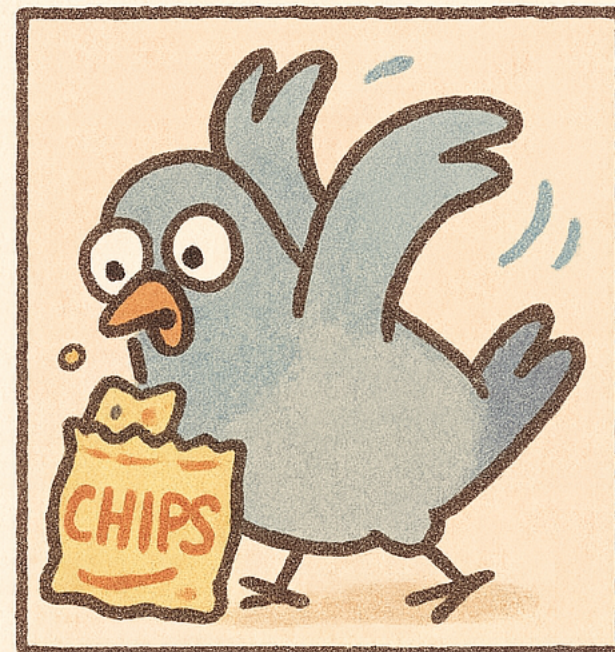
wait hold up

maybe don't cause they might have rabies??

YOUR CRUMB CHECKLIST



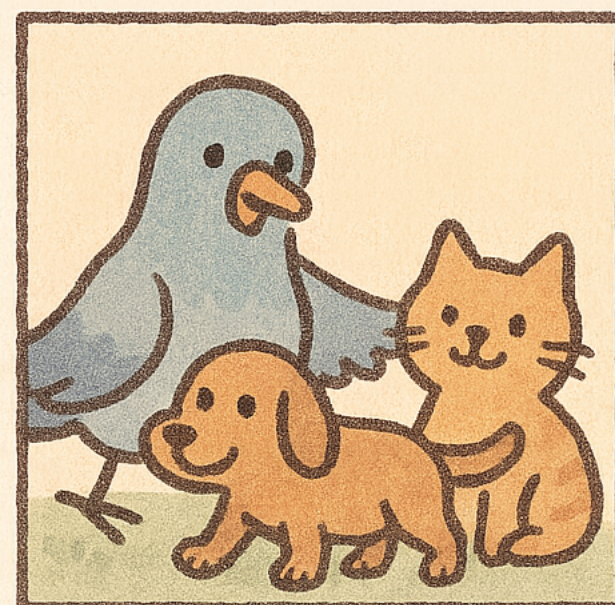
VIBE



EAT CHIPS



TRY TO STRETCH
AND MAYBE NOT DIE



GO FOR A WALK
AND PET SOME ANIMALS

TOO MUCH ESPRESSO CAN LEAVE YOU STRESSO

(switch to decaf
maybe)



is life without tea or coffee even life?? hell nah

but unfortunately caffeine can exacerbate anxiety :/

if you're already feeling a bit worried or stressed out, that one espresso too much can push you into overwhelmed or even flight-or-fight territory!

so, do i propose avoiding caffeine altogether? definitely not, but maybe stop pounding lattes back-to-back followed with quadruple shot americanos. lol

tea can also elevate your stress if you drink too much, so try to moderate your consumption

from my experience i can drink tea even late evening and sleep okay but i definitely seem to sleep better if i drink less of it and earlier in the day

also nicotine is a stimulant too so if you chain-smoke or vape then maybe cut back i guess

your coffee addict checklist:

- > try decaf after 2 pm
- > switch that third espresso for some water
- > observe how caffeine makes you feel
- > try l-theanine (supposedly it can smooth out the jitters but don't quote me on that)

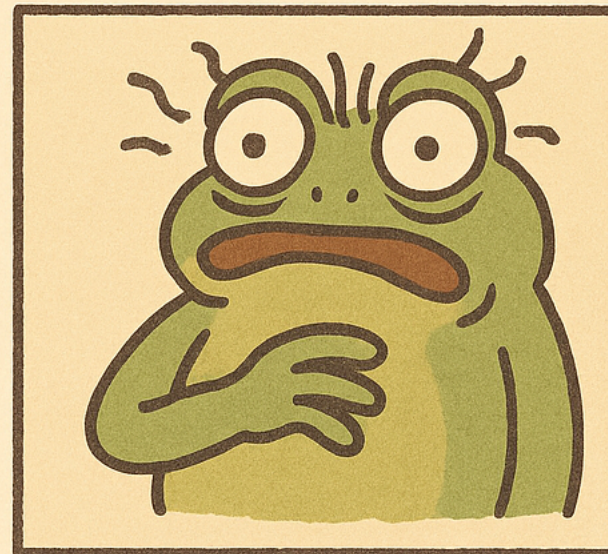
YOUR COFFEE CHECKLIST



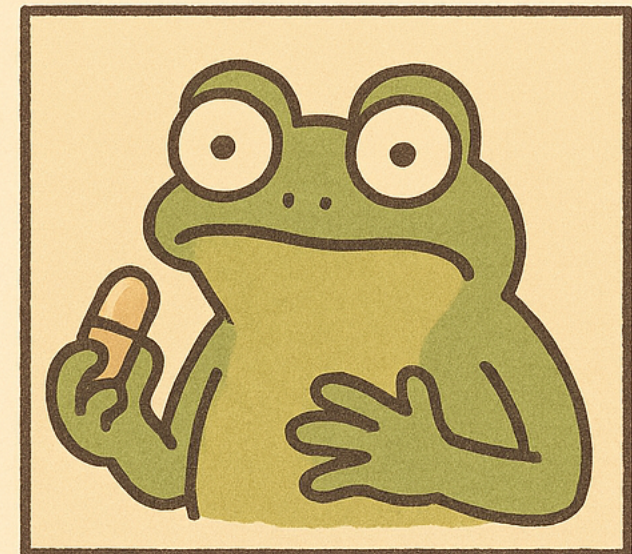
**TRY DECAF
AFTER 2 PM**



**SWITCH THAT
THIRD ESPRESSO
FOR SOME WATER**



**OBSERVE HOW
CAFFEINE MAKES
YOU FEEL**



**TRY
L-THEANINE**