

Reading Time: 2 minutes

- One of the issues of having a list is that it becomes overwhelming.
- One of the issues of not having a list, is that you forget things.
- I find that I work best when I have structure, but not a dedicated list of **everything** I have to do on a given day.
- Yesterday, I forgot to do something simple: Complete my Wordle.
- Is it ironic that this is a list?

Most of the time, I forget to do simple things when I'm overwhelmed, having a mental health crisis, relapsed, or [Insert other reason here]. Yesterday wasn't *exactly* one of those days, but was one of those when things were starting to get a bit 'much'. First of all, that whole 'Christmas' thing was starting to get to me more than usual. Perhaps it was dealing with the hell known as 'Merry Hill', where I needed to go for an eye test. Perhaps it was being told that I needed to go to an eye hospital because of a partially detached retina, or perhaps it was because I was just a bit burnt out and fed up with the whole 'festive' bullshit everywhere.

Honestly, I'm glad I don't even turn on my TV at this point. The last time I did was to check if the French Prime Minister had to resign, or when South Korea's President tried to declare martial law; one of the two. The only other time I get close to watching regular TV is Have I Got News For You, on iPlayer on a Saturday Morning, and that ends this week. This means I don't have to watch the stupid Christmas idents, with another year of Albert Square being blown up, Dr Who working out which year it is, or some random 'special Christmas' episode of some random shit.

But... To Wordle. I normally end up losing my Wordle streak when I'm either in hospital (With no signal), or if I'm in suicidal mode. If anything, sometimes my Wordle streak is a reminder of how well I'm doing in life, and in the past, it's actually affected me when I've missed a day, almost as though I've cocked up somewhere or somehow, and I start putting unnecessary blame on myself. At least with my solitaire streak, I get a couple of 'off days' where I get to keep my streak going, but hey-ho.

Advice for the day? Everything will be broken at some point in life. It's how you deal with it that matters.

Onwards and upwards, Peace & Love