The Week After a Role Ends

Five lines for the week when nobody is expecting you anywhere.

The first three days

Do not make decisions. Do not explain yourself to anyone who has not asked.
Keep the waking hour. It is the only structure that costs nothing to keep.
Eat properly at midday. This is not a metaphor; the body is grieving a schedule.

Then, slowly

Walk once a day without headphones. Let the thoughts arrive and leave without sorting them.
Tell one person what actually happened, in plain language, without the version for strangers.
Choose one thing to do because it is unremarkable: cook, sweep, repair something.

What you are not doing

You are not finding your purpose this week.
You are not rebranding. You are recovering a rhythm, and a rhythm is enough for now.

From episode 04, What I Learned Leaving the Camera.