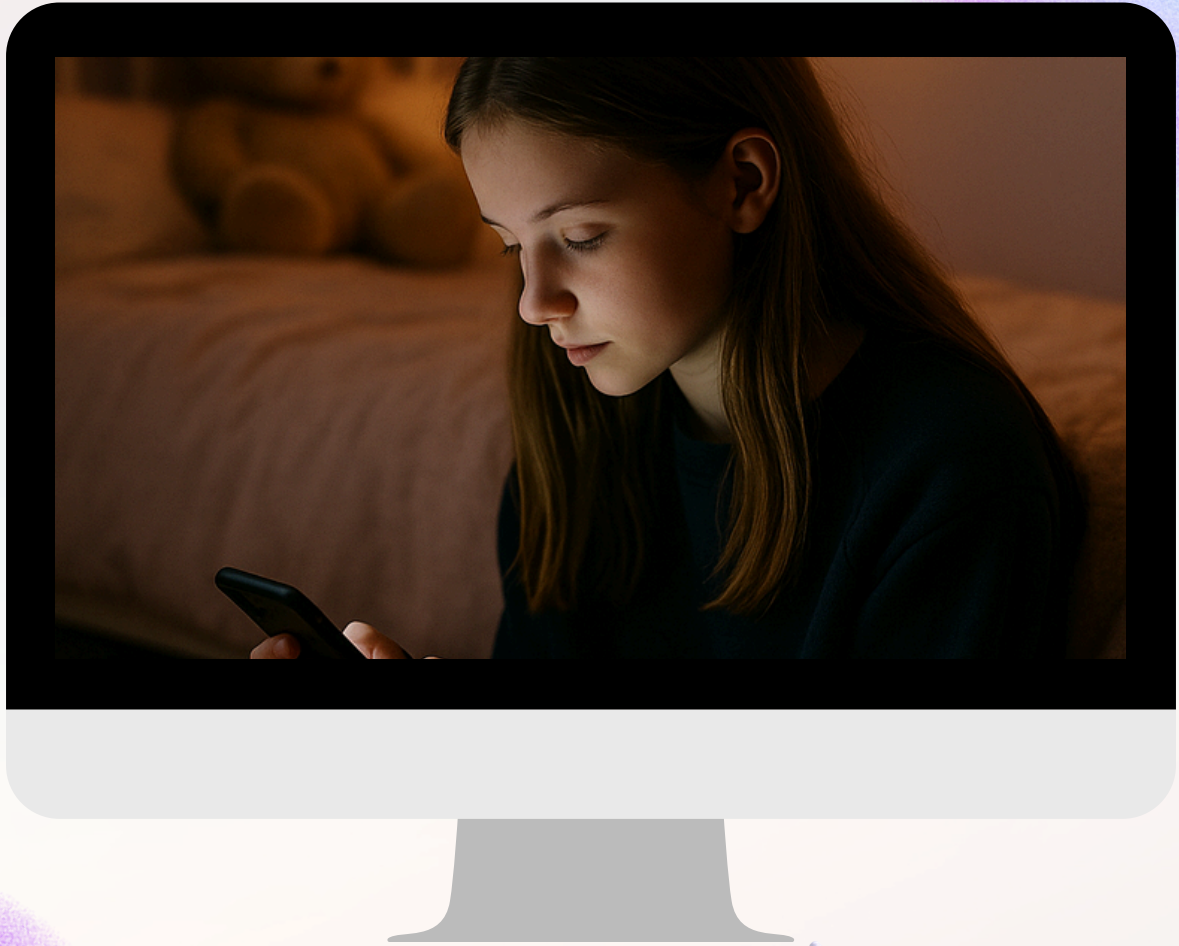


The Eliza Toolkit



Chloe Fox



A Toolkit for the Ones Who Feel Everything

**(For every young person who has ever felt
like too much or not enough.)**

Inspired by Editing Eliza by Chloe Fox



If You're Reading This

You don't have to be called Eliza for this to be about you.

Maybe you see the world in colour.

Maybe you hide in your room when everything gets too loud.

Maybe people tell you you're quiet, shy, distant but really, you're just tired from holding it all in.

If any of that sounds familiar, this is for you.

It's not a rulebook. It's a soft place to land.

You don't need to fix yourself to belong here.

You just need to breathe, read slowly, and remember that you're not alone.



The Way You Feel Makes Sense

The world can be noisy.

Sometimes people expect you to join in before you're ready, to smile when you're aching, to explain feelings you don't have words for yet.

That doesn't mean you're broken.

It means you're human.

You might be:

- sensitive to sound, light, or texture
- exhausted after social stuff
- full of thoughts that don't stop spinning
- drawn to writing, music, drawing, or gaming because they feel safer than talking

All of those things are okay.

They don't make you strange. They make you you.

You don't need to bloom for anyone else.

The growing is enough.



When the World Feels Too Much

Sometimes it helps to have a plan for when things start to swirl.

Try this:

1. Pause. Breathe in for four counts, out for six.
2. Name what's happening. "My brain feels crowded." "My body's tired."
3. Find your calm thing. Music. Drawing. Wrapping yourself in a blanket.
4. Tell someone you trust. Even if it's just, "I don't feel okay right now."

You don't have to make sense to deserve support.



Talking to Adults

We know it's not easy.

Sometimes adults try to fix things too quickly or don't really listen. But there are grown-ups who get it.

You could start small:

"School feels too loud."

"I get tired when people talk a lot."

"I need a break before I can try again."

You don't need perfect words, just honest ones.

If it feels safer to write, text, or use a note on your phone, that's okay too. Some people listen better when they can read what you mean.



Finding Your People

You deserve spaces that feel calm, kind, and real.

Sometimes those people are teachers. Sometimes they're online friends, counsellors, neighbours, or someone who just feels safe.

Look for the ones who:

- don't rush you
- don't make you feel small for needing quiet
- ask "how can I help?" and mean it
- let you be yourself

Those are your people. Keep them close.



When You Talk to Yourself

Your inner voice matters.

If you can, start talking to yourself the way you'd talk to someone you care about.

Try these swaps:

When you think...	Try instead...
"I'm such a mess."	"I'm having a messy day, but I'm learning."
"I can't do this."	"I can do small parts of this."
"Nobody gets me."	"Not everyone does — but some people will."

You don't have to believe it yet. Just keep trying.

The Online World

You might spend a lot of time online because it feels safer.
That doesn't make you weird, it makes sense.

Just remember:

- You deserve the same kindness online that you do in real life.
- Not everyone on the internet knows what's best for you.
- If someone or something makes you feel scared, small, or pressured, you can leave.

The best parts of the online world, creativity, friendship, humour, are even better when you still have real people to reach for when you need them.



Tiny Things That Help

🌿 Sit outside for two minutes. Feel air on your face.

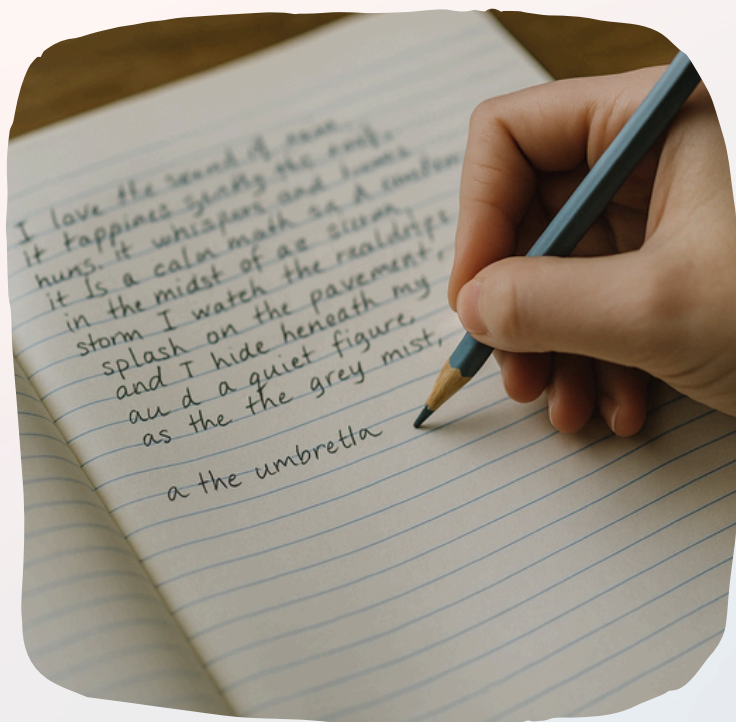
🎧 Make a playlist that matches your mood, not fixes it.

📖 Write a letter to yourself on a good day, read it when you forget who you are.

👉 Carry something small that makes you feel safe: a stone, a bracelet, a charm.

🔥 Keep a “soft space” – your bed, your hoodie, your corner, where you can just be.

None of these fix everything. But they remind your nervous system that you're still safe, still here, still you.



What Hope Looks Like

Hope doesn't always look like sunshine.

Sometimes it's just the fact that you got out of bed. That you went outside.
That you breathed through another day.

You don't have to be happy all the time to be healing.

You are not behind.
You are not broken.
You are not too much.
You are becoming.

And somewhere, someone, maybe a teacher, a parent, maybe a friend you haven't met yet, is already rooting for you.

