

Got singled out by the team lead or client	Compared myself to other team members	Took a sick day just for mental rest	Felt invisible despite working hard	Rage-applied to other jobs in one night
Dozed off during a meeting	Thought about quitting at least once a week	Witnessed a coworker get blamed unfairly	Doomscrolled while on a meeting	Ate lunch during a meeting because who cares
Went to therapy or thought about it	Cried after logging out of cLean	FREE	Took a nap while the tracker was on	Got locked out of tools but no one helped right away
Created or saved a meme about your work life	Nodded while not understanding the rule or update at all	Got feedback with no actual action points	Got assigned a task outside your role	Zoned out while someone was presenting
Watched Netflix/YouTube during work hours	Played games / browsed memes on shift	Had Sunday night anxiety	Stayed quiet in toxic meetings to survive	Pretended to laugh at your lead's joke

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