

Tsuu's White Mage Masterclass Guide (Updated for Patch 2.1. 2.2 coming soon!)

Turning failheals into proheals, one step at a time.

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Introduction

The White Mage class is perhaps one of the most fun and challenging class in FFXIV. Healing is not an easy feat in most MMORPGs. It is a thankless job, but also a very satisfying job when people actually recognize your healing abilities and acknowledge you for it. Nothing makes a healer happier than to hear “Good heals!”.

There are 2 healing classes in FFXIV, White Mage (WHM) and Scholar (SCH). The healing style for both classes are very different. In a broad nutshell, WHM are reactive healers, while SCH are proactive healers. We have the big heals and it is easy for us to top up a tank to full. SCH on the other hand, need to mitigate damage and put shields on the tank. We also have to manage our mana a lot more effectively compared to a SCH, as we only have 1 skill to regenerate MP every 2 minutes.

To be a good WHM, you will need to find the balance of healing enough for the tank to survive the next hit, and not over healing until you run out of MP/over aggro mobs.

This guide is meant for players who already have a basic grasp of the WHM class, and I will explain and share some for the finer details of the class from my personal experience.

How to WHM

Here's 10 things you must know as a WHM.

1. Regen is an aggro bitch, never cast it on a tank before a pull

Always remember, enmity in FFXIV is very different from other MMO. Tanks need time to build enmity, instead of immediately getting it like other MMOs.

2. Use Stoneskin on a tank before a pull.

This gives your tank (especially PLD) some time to build enmity before you start healing him. Otherwise you will most likely peel off mobs from your tank. Also cast it the end of a trash pull for the next pull.

3. Overhealing = Waste MP and gain aggro.

The hardest thing for most WHM is to get over our OCD to top up the tank to full. Because of our big heals, we always tend to overheal. Try to practice keeping your tank at 90-95% and let Regen do its job for you.

4. Get Swiftcast (THM Lv 26), Virus (ACN 12) and Eye for an Eye (ACN 34) immediately.

Swiftcast is godsent and Eye for an Eye gives you more mitigation for your tank. Do not underestimate what it can do for you especially when your tank is getting hit by multiple mobs. Likewise, Virus help reduces the damage it does on tank.

Do not be afraid to use Swiftcast, use it whenever you need to get a Heal or AOE heal out asap. Sometimes I Swiftcast Protect after a player gets Raised, so he has some protection.

5. Shroud of Saints does 2 things - Regenerates MP and Reduces your Enmity.

Pop it all the time for MP regen (212 MP per tick). Sometimes it's not worth saving it as an enmity reset. As long as you don't overheal, and don't cast Regen on phases where the boss resets his aggro (ie Jump phases in Titan, or Dreadnought drops in Turn 4) you should be safe.

6. If you need to do a burst AOE-heal very quickly (ie Titan Enraged Tumult phase) Swiftcast Medica 2 first, then cast either Medica or Cure 3. In 2.1, Cure 3 has been made very effective in stacked fights i.e. Titan and Ifrit Extreme.

You may need to pop Shroud of Saints to manage your aggro a little.

7. In 8-man parties with a SCH/SMN, always let them Resurrect players first.

They have better mana management than us. A Raise from us is 800mp lost. Remember to communicate this with your scholar first. Tell them they should always be on res duty unless their Swiftcast is on cooldown.

8. Holy is pretty godlike in AOE situations.

Despite the slight nerf in 2.1, it's still pretty good. Use it for trash mobs.

9. If there's a shitty DPS who keep pulling mobs before the tank even grabs aggro or constantly standing in aoe circles, *sometimes* it's good to let them die.

10. WHM are Gods. Think like one, act like one, heal like one.

Where should you put your 30 stats

So you have 30 stats points and you cannot decide on which stats to dump them into. Generally most people dump them into Mind to get a little more heals, but the number is negligible. But having more Mind helps with your Holy damage when you switch to Cleric Stance.

Some people have also considered adding into Piety instead, giving them more MP and also higher ~~Shroud of Saints regeneration since it is a % of your total MP~~ natural MP regen. EDIT: Shroud of Saints give you a fixed 212 MP regen per tick.

But at Coil Turn 5, you will realize that in order to survive the Fireball phase, you will need at least a max HP of 4300 (this is for those doing 3 stacks instead of 4 stacks), and adding Vit would give you the needed HP.

I recommend having a few The Keeper's Hymn (10k Grand Company Seals, exchange at your respective GC Quartermaster) to reset your stats to whatever is require of you for your raid team. Frankly the extra heals you get from 30 Mind is not a big deal, I would rather add to Piety or Vit. I am currently on 30 Vit.

Useful Macros

Here's a list of some useful WHM macros that I use, and it hopefully it help makes your job as a healer more easier and efficient. Do note that I have **removed all my Mouseover <mo> macros** because I found them extremely unreliable in this game, instead here's a few that I still use.

Important: Make sure you go to your chat setting (gear button on the chat box bottom right) and uncheck Error Messages under General -> Notification, since you will be getting a lot error notification.

Forcing Heals to only heal target (and not you)

```
/macroicon "Benediction"  
/ac "Benediction" <t>
```

There will be instances where you are trying to Benedict a tank and it ends up healing yourself instead or when you are trying to heal someone who just got ressed and the heal ends up healing you instead. It's extremely frustrating to waste it, so it's good to use the <t> command. This also works for all your other heals, so if you really don't like to be in that kind of situations you can also use it on **Regen, Cure, Cure II, Cure III**.

Speed Res

```
/macroicon "Raise"  
/p Raising <t>  
/ac "Swiftcast"  
/wait  
/ac "Raise" <t>
```

Raise takes forever to cast and it's always better to use **Swiftcast** first before you **Raise** a player. Instant **Raise** is a must. Get your THM to Lv 26 ASAP. This macro also announces to your party that you will be Raising <player's name>, so that people know they are being raise and won't respawn (happens too many damned times).

1 Button Eye for An Eye + Virus

```
/macroicon "Virus"  
/ac "Eye for An Eye" <t>  
/ac "Virus" <tt>
```

This macro is useful for those who want to save hotkey space, and since I always have a habit of throwing **Eye for An Eye** and **Virus** on the tank/tank's target respectively, this is a useful 1 button macro. Just select your tank, spam macro for **Eye for An Eye** on tank and the **Virus** will hit your tank's target (used usually on bosses).

Note that in 2.1, **Virus** has lost its shine a little because of a slight nerf- the introduction of Antibody which makes monster immune to the effects of Virus for 60 seconds after it wears off. Players are now more careful in using Virus at key fight moments and it may not be a good idea to have it macro-ed.

DoT Rotation Spam

```
/macroicon "Aero II"  
/ac "Aero II" <tt>  
/ac "Aero II" <t>  
/wait 3  
/ac " Aero" <tt>  
/ac " Aero" <t>  
/wait 1  
/ac "Virus" <tt>  
/ac "Virus" <t>  
/recast "Virus"
```

Sometimes if you want to contribute a little DPS to the party you might want to throw in some DoTs. This will allow you to DoT your tank's target <tt>, and also you can use it directly on monsters if you wish. You may consider removing **Virus** from this macro.

I've tried putting **Cleric Stance** into this macro but it's a hit and miss. Sometimes **Cleric Stance** triggers but the DoTs don't. Putting a longer waiting time makes this pretty useless too. So now I will manually turn on **Cleric Stance** before using this macro, and then turning it off when it's done.

Sleep

```
/macroicon "Repose"  
/mk ignore1 <t>  
/p Sleeping <t>  
/ac "Repose" <t>
```

Sometimes if your dungeon party does not have a BLM, then Sleeping duties lies on you. Boohoo, no AoE sleep. =(This macro sets a Ignore mark on your target and also informs your party that you are sleeping which target.

If you have a good tank who marks all the targets from 1 to 4, always Sleep number 4 first, follow by 3, pop a heal/regen on your tank if necessary, then Sleep 2. Sleeping the adds will help you more because you don't have to heal so much. You may not be able to keep up with healing if 4 targets are hitting your tank. Also use Shroud of Saints if you get aggro from adds that wake up from sleep.

Remember: When you sleep a target, they will sleep for 30s. You can start refreshing sleep when the tick is around 4. But upon sleeping a target for the 2nd time, the target will only sleep for 15s. And if you have to sleep for the 3rd time, your target will sleep for 7s. If you try to sleep the same target again it will fail as the target would be immune to sleep by then.

Speedy Holy

```
/macroicon "Holy"  
/ac "Presence of Mind" <me>  
/wait  
/ac "Holy" <me>
```

This macro is probably only useful once you are a geared at 50 doing WP speedruns. This will let you spam **Holy** quicker with **Presence of Mind**.

WHM Changes in Patch 2.1

In case you were not aware of the new buffs/nerfs to the WHM class in 2.1, here is a list of all the changes made, and my thoughts on them:

1. Cure II - The additional effect has been changed to a 15% chance that the next Cure III will cost half MP.

I prefer this new Cure II proc effect over the old one (makes your Cure III a guaranteed Crit), since I can weave it in and heal the tank and a nearby melee DPS.

2. Cure III - Casting time has been reduced from 2.5 to 2 seconds. Range of effect has been increased from 4y to 6y.

My favorite buff. Cure III has been largely useless in pre-2.1, but now I use it a lot especially in 3 scenarios- Titan Extreme (healing the stacked DPS during Tumult), Ifrit Extreme (healing the stacked DPS bursting down nails) and using on the tank when a Cure II procs it. Also, Casting Cure III now has the same cast time as Cure II!

3. Medica II - Potency of the regen effect has been reduced from 100 to 50, and the duration has been increased from 15 to 30 seconds.

A sad nerf, which now makes Medica II a weaker in its HOT ticks, but it goes on for longer duration. The maths works out to be the same, but frankly, I preferred it when the ticks were stronger.

4. Holy - Potency has been reduced from 240 to 200.

A small nerf. Holy is still strong!

5. Thunder has been removed from our THM cross-class skills. **Blizzard II** given instead.

Lol, 1 less DOT spell to use.. and one useless AoE spell given. It's not like we get Umbral Ice from using Blizzard II (omg if it happens, say goodbye to MP problems). But I guess you could use it for the Bind effect.

6. The effects of the following actions can now be overwritten by the original caster, regardless of the difference in potency: Healing-over-time actions such as Regen.

Now this is very big. Back then when you have had a regen going on, you would wait till it drops off so you can use Divine Seal + Regen on a Tank or else your Regen would not get the Divine Seal buff, but now you can just overwrite it whenever Divine Seal is up.

User Interface/HUD Layout



Above is a screenshot of my current healing UI layout. Here's some explanation:

1. Party list is on my left, close to my character. This allows me to heal quickly without having to move my mouse to the extreme left corner (default).
2. The 5 important cooldown to track and take note of are on on a separate hotbar to the right of me. This give me better visual awareness of when to use them and when the procs are ready, on top of the audio cues I get from FFXIVapp (more on this later).

3. Focus Target (Shift-F) and Monster Aggro meter are placed to the right, Focus target is usually used on boss to let me know when an impending skill is being casted.

Especially with hard hitting skills from bosses, sometimes you will need to precast your heals so it tops up the tank nicely before an auto-attack KO's your tank.



The Monster aggro meter is useful for you to know which monster you drawing too much threat from.

Since you don't have the luxury of constantly targeting the monsters (unlike Tanks/DPS), you don't exactly know how much aggro ranking you have (the little number on the left of your class icon in the party group). Having the Monster Aggro meter helps you in this.

What the icons means

Red Square - You have aggro

Orange Arrow pointing Downwards - You are very close to getting aggro

Yellow Arrow pointing Upwards - You are losing aggro

Green Circle - Low aggro

4. The HP/MP/TP is brought above the hotkeys from the default layout because you want to keep an eye on your mana bar at all time. It is very easy to lose track of this when you go through a very healing intensive phase and forget to pop Shroud.

But if you have a very good Bard, they will usually start singing Mage Ballad once you have lesser than half MP. Of course this is UNLIKELY because they always think they are DPSers and not Utility/Support class. So remember to request for your Bard to sing once you see your MP bar in the low 30-40%.

5. The other HUD are a matter of personal preference, so nothing much to explain there.

Keybinds for Healing Efficiency

This is a matter of personal preference, but I will share with you my setup. Feel free to appropriate whatever tips into your playstyle.

The first thing I always do in any MMO is to take away camera turning (use your mouse to turn!) from A and D and replace it with left and right strafing. This frees up Q and E for me to use. Also I prefer using Alt rather than Ctrl or Shift because I trust my thumb more than my little finger.

The idea behind your keybinds should be as such: You don't have to move your fingers away from the WSAD keys to reach important spells. Your Heals should be as close as your to possible, and your buffs should be in easy to reach buttons.

Damaging spells are slightly further away since the only time you will use those spells is when the fight as pretty much stabilize, allowing you to switch over to help contribute DPS.

Raiding Keybinds

This is my optimized keybind for endgame content. This setup gives you full control over all your skills with your left hand, and you will never need to reach anything important further than 3, and all your skills are contained to until 5.

Repose does not even have a keybind because you no longer need to sleep targets, even in AK/CM runs most people opt for pure AoE. This is only applicable if your team is geared enough. Fluid Aura also loses its importance later on.

I have 2 Raise, one is Swiftcast+Raise Macro, and the other is Raise. Sometimes, your macro will fuck up. And when you really need to Raise people quickly, that's what the other button is for.



E - Cure Alt+E - Cure II Q - Medica II Alt+Q - Esuna F - Shroud of Saints Alt+F - Cure III	1 - Regen 2 - Swiftcast 3 - Medica 4 - Stone II (Use TT macro)* 5 - DoT Spam Macro 6 - Holy + Presence of Mind Macro
Alt+1 - Divine Seal Alt+2 - Benediction Alt+3 - Stoneskin Alt+4 - Cleric Stance Alt+5 - Protect Alt+6 - Swiftcast + Raise Macro	Shift+1 - Eye for An Eye + Virus Macro Shift+2 - Surecast Shift+3 - Presence of Mind Shift+4 - Fluid Aura Shift+5 - Stone

Alt+7 - Raise	
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*TT = Target's target <tt>

Alerting yourself for Freecure Procs

One of our most important procs to keep tab of, is Freecure. Freecure procs when we cast Cure and it gives us a free Cure II. Generally the most mana efficient way is to keep casting Cure, get a Freecure proc and then cast Cure II. But sometimes we may miss or forget to use it and it goes to waste.

There are 2 ways to help you solve this problem. Visual and Audio. I use both methods to keep my Freecure in check. 1st methods is to make a hotbar that sit next to your character. This gives you a bigger visual cue, as compared to it sitting on your bottom hotbar.

Refer to the picture on the right on where I put my hotbar to visually alert me on procs and cooldowns.



The 2nd method, is a lot more tedious to setup, but definitely more effective. I use the parser program FFXIVapp to make a sound whenever my Freecure procs. Whenever I hear the audio alert, I know for sure I can cast a Cure II immediately after.

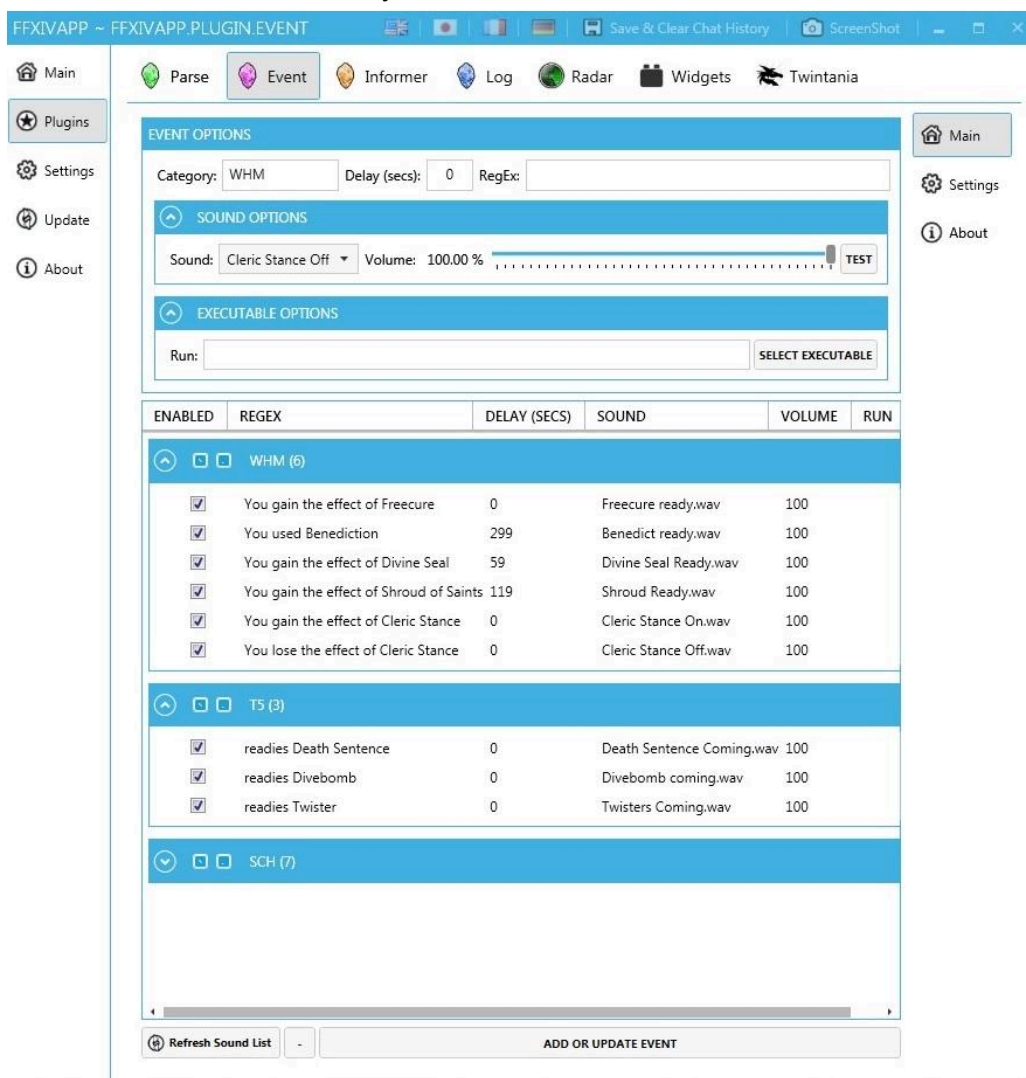
How to setup FFXIVapp

Download FFXIVapp: [LINK](#)

You will also need Microsoft .Net 4.5 frameworks: [LINK](#)

Watch this video tutorial on how to set FFXIVapp up: [LINK](#)

FFXIVapp only allows the use of .wav files for audio. I have also made a few audio files for my WHM & SCH, feel free to use them if you wish: [LINK](#)



Above is how my FFXIVapp (version 3.0.5) looks like with all the various audio procs for my WHM, SCH and also alerting various Turn 5 mechanics. These are the WHM spells which I have an audio alert for, the delay and the RegEx commands:

Skill	Delay	RegEx
Freecure	0	You gain the effect of Freecure.
Benediction	299	You use Benediction.
Divine Seal	59	You gain the effect of Divine Seal.
Shroud of Saints	119	You gain the effect of Shroud of Saints.
Cleric Stance on	0	You gain the effect of Cleric Stance.
Cleric Stance off	0	You lose the effect of Cleric Stance.

Gearing up at Endgame (patch 2.1)

The gearing up process is as such (not including crafted gear):

Weapon: [Thyrus](#) i80 (Relic) -> [Thyrus Zenith](#) i90 (Relic+1) -> [Allagan Cane](#) i95 (Coil Turn 5)

The [Omnirod](#) i90 (Primal weapon) is not an ideal weapon, but useful for players gearing up secondary classes that they are not willing to go through the whole painful relic quest process.

Armor: Lvl 50 Dungeon Gears -> Dark Light i70 (Philo) -> Crystal Tower i80 -> AF2/Allagan i90

Accessories: Dark Light i70 -> AF2/Allagan/Extreme Primals i90

Remember that for Rings you can only equip one of each types. You cannot wear 2 of the same rings.

Best in Slot at Endgame (patch 2.1)

There are 2 very common BIS gearing for 2.1 WHM- Det/Crit & SS/Det. There's also a not so common build of going full Crit/Det. With the introduction of the Primal accessories, WHMs can further streamline their builds.

Here's are some BIS that you can gear your WHM towards:

Determination/Crit focused

Stats Information	
Magic Defense	527.00
Defense	299.00
Mind	224.00
Vitality	176.00
Piety	174.00
Determination	113.00
Magic Damage	71.00
Spell Speed	59.00
Auto-Attack	52.64
Physical Damage	47.00
Critical Hit Rate	31.00
DPS	15.67
Delay	3.36

Main Hand / Off Hand	
	

Head / Body / Hands / Waist / Legs / Feet					
					

Earring / Neckace / Wrists / Ring1 / Ring2				
				

Food













Link: <https://xivdb.com/?wardrobe/8897/WHM-2.1-DetCrit-BIS>

This build focuses on stacking as much Determination as possible and using Crit in gears that does not have Determination. This BIS gear gives you the biggest heal.

However this is very Coil (7 items from Coil) and Primal (2 items from Primal) drop dependant. You will only need to spend mythology on 3 items. If you are unlucky with your drops, you may want to use CT gear or if you can afford to- mythology gear until those drops come.

I'm currently gearing my WHM towards this BIS.

Spellspeed/Det focused

Stats Information		Main Hand / Off Hand	
Magic Defense	527.00		
Defense	299.00		
Mind	224.00	Head / Body / Hands / Waist / Legs / Feet	
Piety	179.00		
Spell Speed	177.00		
Vitality	176.00		
Magic Damage	71.00	Earring / Necklace / Wrists / Ring1 / Ring2	
Auto-Attack	52.64		
Determination	47.00		
Physical Damage	47.00		
DPS	15.67	Food	
Delay	3.36		

Link: <https://xivdb.com/?wardrobe/8896/WHM-2.1-SSDet-BIS>

This build focuses on stacking as much Spellspeed as possible and using Determination in gears that does not have Spellspeed. This BIS gear gives you the fastest casting time.

There has been a lot of arguement on a merits of stacking spellspeed. Most players think that spellspeed is a stat that is not worth stacking and its benefits are big. But some argue that there is a reason why the WHM AF2 armor and even the weapons have spellspeed on. Clearly the game designers are on to something that everyone is not seeing yet.

Personally for me, I want to get a Spellspeed set up eventually. I like the idea of having faster heals. But I do believe that latency plays a very important role if you want to go with a SS build. If you have 10 ping to the server, it makes a significant difference compared to a player with 100 or more ping.

Just a disclaimer: I don't have the math behind this, so this is very opinion based rather than actual numbers.

Crit/Determination focused

Stats Information

Magic Defense	527.00
Defense	299.00
Mind	224.00
Vitality	176.00
Piety	160.00
Critical Hit Rate	131.00
Magic Damage	71.00
Determination	58.00
Auto-Attack	52.64
Spell Speed	50.00
Physical Damage	47.00
DPS	15.67
Accuracy	9.00
Delay	3.36

Main Hand / Off Hand

Head / Body / Hands / Waist / Legs / Feet

Earring / Necklace / Wrists / Ring1 / Ring2

Food

Link: <https://xivdb.com/?wardrobe/8901/WHM-2.1-CritDet-BIS>

This build focuses on stacking as much Crit as possible and using Determination in gears that does not have Crit. This BIS gear gives you the most Crits.

In my opinion this not a very good build, but there are some people who swear by it. People who love big fat crits on their heals. In my opinion, I feel that only Scholars benefit from Crit (because it affects their shields). Crits for WHM generally tend to become overheals. You non-crit heals also suffer because of the low Determination in this build.

WHM 2.2 Gearing (Work in Progress)

This is my breakdown of the WHM BIS gear for 2.2 iLv110. This is subjected to a lot of changes as we learn more about the new content. And it looks like we are going to have to rely on T6-9 a lot for gearing.

For now there are 2 ideal gear progression I'm looking at:

Det focused build: <http://ffxiv.ariyala.com/LZWB>

SS focused build: <http://ffxiv.ariyala.com/LZW8>

I would suggest gearing for Det first when progressing, and when you start having more pieces then you can consider going SS. One thing I noticed is that there are a lot of Det+SS pieces, and also the SS difference between Det and SS centric build is only 59.

Weapon progression seems a bit not so straight forward this time round. If you already have Allagan Cane, you will need to farm Leviathan Ex for both 1H **Tidal Wave Wand** and **Tidal Wave Buckler** for improvement. It's going to be painful in the beginning as everyone is still doing their story quests to unlock Levi and there will be a lot of wipes before teams become effective at clearing it. If you have a static primal team, lucky for you. There's a World First clear on Levi Ex video [here](#).

Yagrush is the next possible main weapon Leviathan is not an option for you. You will need 10 Rowena's Token (1300 Soldiery tomes) + 1 Unidentified Allagan Tome to get **Weathered Yagrush**. After that you can upgrade it to Yagrush and it will probably be your staple weapon until High Allagan Crook. No idea how to upgrade Weathered to Yagrush at the moment, will find out.

But if you have Thyrus Zenith, and a lot of free time = then you should work towards farming your Zodiac weapon: **Thyrus Atma** first, and then **Thyrus Animus**. Atma has the same stats as Zenith, but according to Yoshi this is a weapon that will be upgradable in future patches. But FYI stats on the Animus is weaker than Yagrush, but same as Weathered Yagrush.

Now to get Atma, it is very luck dependent (your farming hours varies on RNG), but it can be done solo all the way, as opposed to having to find a Levi team to farm over and over again until you get both wave wand and shield.

From there, T6-9 is going to be a healer's nightmare all over again. 6 pieces of Coil loot forms your BIS (Det). 7 if you include your final weapon since that's most likely a T9 drop. But like gearing for T1-5, if you have the Tome for it, it may be better to buy first for the iLevel upgrade. You can't be sure if you will ever get the exact gear you want.

Last Words

I hope this guide has been useful for all WHM learning the ropes of the class. If you noticed, I never included a section on how to heal. Healing is so subjective and there are no rotations for it, even following a priority list is not advisable. The “Keep tank top up at all cost first, then DPS” may not necessarily be the best mantra.

Healing is an artform and aside from knowing the fight mechanics, it also takes a lot of understanding of your party’s dynamics to know when and how to heal. Especially in 8 man dungeons/raids, you need to understand your other healer’s style. Do you compliment each other’s healing styles or do you both chase for the same low health bars?

Do you want to let the Scholar throw in an Embrace + Physick on the tank first and you top off what’s left with a Cure II or Cure I? Or do you want to just hammer Cure II all the way to keep the tank up?

Your tank has half hp, but there is a DPS with lower health. Who do you heal? If you know your other healer will keep the main tank up, then you may want to drop a Cure II on the DPS first, then back to healing the tank. Or maybe you know the DPS will be in safe ground, and you drop a Regen on him instead and let the HoT do its job.

You may have a melee DPS who you know will get hit by cleave and probably be in the low 2-3 digit of health. Benediction? Cure II? Cure III?

There may be instances where you misclick and misheal, can you quickly rectify it? Your only OH SHIT heal is on cooldown. Can you trust the other healer to keep the tank up enough for you to quickly throw down your Cure II?

Sometimes we can get very engrossed in topping up health bars that we forget our surroundings. Always remember to be alert for sudden changes. Watch for that backtail cleave. Watch for that aoe circle.

Cancel heals if you have to just to save MP. Watch that crucial MP bar. Pop that Shroud of Saints. Call your bard to sing. There are just too many way to heal. It’s always all about making the right judgement calls and trusting your instincts.

Sometimes it’s important to record your fights (especially Raids) and rewatch them, just to see where you can improve- whether it’s squeezing out an extra heal or using a stonewall/eye for an eye/virus at certain key moment to help mitigate a huge damage.

With this, I wish you the best in your healing endeavours!