

Woof decided to take the day off, away from life, really.
A day to relax! Take care of herself. A day to let all worries vanish.
She hasn't done this before, so she's a bit excited. And a bit worried.

Taking care of herself is something she's been scared to do- all her anxiety seems to overtake the idea.

But, today, she's decided she'll ignore the fear.
This can't be bad for her- she's been told to do it time-to-time...

She looks around her room, trying to find stuff to make into a place of safety.
Woof pulls out her pillows and blankets, making a cozy and comfy nest.
She crawls into the nest, cuddling up with her plushy.

Despite how different this would be for others, to her- this was taking care of herself.
A way to finally give herself a break. To break off from the life that is so stressful to her...
At least she's finally following the suggestion...

This was great, a great way to take care of herself.
She had gotten snacks, as well. Lots of snacks.
Nothing unhealthy, but nothing really healthy, either. An equal balance.

Her pet macaroon slimes, Flip and Flop, were resting by the windowsill.
The sun was setting, with Whirs breezing by, with a Minmite resting on the other side of the windowsill.
Flip and Flop were snuggled up, wrapped in one of Woof's blankets. Seems they were taking care of themselves, too.

Woof is happy over that- her friends are taking care of themselves!
Seems everyone in this nest is taking a self-day. How cute!

She rolls over, wrapping herself into her blankets, sleep overtaking her.
A cozy and warm safe spot... perfect for a nap.
Hopefully she has sweet dreams, instead of her common nightmares.
Sweet dreams, Woof.