

00:00:08

What are you doing?

00:00:15

You can say that...

00:00:19

Why is your screen that bright?

00:00:27

Well, you know you can have that on dark mode, right?

00:00:41

You can't sleep or something?

00:00:48

You okay?

00:00:56

Mmm.

00:00:57

Yeah, tell me about it.

00:01:04

One click short video, and it leads to one more and one more and then 10 more, and then you're stuck.

00:01:18

Yeah, preaching to the choir.

00:01:21

Honey, I've done that so many times.

00:01:26

Enough times to know that is not a good way to go to sleep.

00:01:35

You'll stay up all night.

00:01:40

No, really.

00:01:43

Oh, okay.

00:01:47

Maybe it's just me being weird.

00:01:51

That method is only works to keep me awake.

00:02:01

Come on, put the phone down.

00:02:07

Yes, baby, you know I'm right.

00:02:13

Stop being stubborn.

00:02:16

Mmm.

00:02:24

Or at least show me one video since it's so amazing.

00:02:34

It's not amazing?

00:02:45

Now you're worried, huh?

00:02:49

Just show me.

00:02:51

Unless you're looking at something... ehh..

00:02:57

Okay, then show me.

00:03:03

Got it.

00:03:04

Nope.

00:03:06

No, no, no, no.

00:03:08

Phone is going right over here.

00:03:17

No, I'm not giving it back to you.

00:03:21

No, no, it's staying with me now.

00:03:27

No, don't, don't, don't.

00:03:29

Hey, that's so not fair.

00:03:33

No, You are not gonna get away.

00:03:41

No.

00:03:43

No.

00:03:47

Matter how cute you are.

00:03:52

No, no.

00:03:53

Phone is staying under my back.

00:03:58

No, you're not.

00:04:00

No.

00:04:02

Hey.

00:04:03

Okay, okay, okay, okay.

00:04:06

Stop being so unfairly strong.

00:04:12

You know, you need to rest.

00:04:14

Just put it down.

00:04:19

No more videos.

00:04:26

Good.

00:04:28

Thank you.

00:04:35

Wanna tell me what's going on?

00:04:43

Well, honestly, I've seen this happening more than a few times lately.

00:04:55

You tossing and turning, scrolling into your phones to late hours, even getting up to watch tv.

00:05:11

I know you have a lot on your mind, so just want to see if you want to talk about it.

00:05:24

I'm worried.

00:05:25

Yeah, just tell me.

00:05:40

Your brain won't let you rest?

00:05:46

Yeah.

00:05:50

Well, what do you want to share?

00:05:52

What.

00:05:53

What you're thinking of?

00:06:01

Yeah, That's them.

00:06:13

That's a lot.

00:06:16

That's a lot for one person, sweetie.

00:06:22

No, it.

00:06:23

It really is.

00:06:28

And you know, eventually, little by little, it can all really catch up to you.

00:06:39

Yeah.

00:06:40

Like the.

00:06:40

The accumulation of things altogether.

00:06:48

One person can only handle so much.

00:06:56

I'm sorry.

00:07:07

Is there anything I can do?

00:07:14

Like, would it help if I.

00:07:18

If I took over more tasks at home?

00:07:21

Like more chores?

00:07:28

I can do that.

00:07:29

It's not a problem.

00:07:35

Maybe you just need a break.

00:07:41

Yeah.

00:07:46

And if there is anything else, if you.

00:07:50

If you just want me to take you away for the weekend or something.

00:07:56

Yeah.

00:07:57

Just you and me.

00:08:07

Yeah.

00:08:09

Okay.

00:08:12

Why don't you let me come up with something and you say yes and no to what you want.

00:08:22

Okay?

00:08:31

Good.

00:08:45

I want to make sure that you get some rest now too.

00:08:47

Okay?

00:08:52

Yes, you can.

00:08:54

Yes.

00:08:56

Oh, come here.

00:09:00

Better bring the cover up.

00:09:05

How far up?

00:09:08

Over here?

00:09:10

Why not?

00:09:13

You look so cute.

00:09:16

Oh, Just.

00:09:21

Eyes, forehead.

00:09:27

Perfect.

00:09:28

For kisses.

00:09:42

Okay?

00:09:46

Better.

00:09:51

You want another pillow?

00:09:55

Okay.

00:09:55

Besides me?

00:09:57

Yeah.

00:09:58

Okay.

00:10:05

Now, little one, close those pretty eyes.

00:10:09

Okay.

00:10:18

You know what I do when I feel like all the.



00:10:24

I must do this or that and then this and then that, and it just.

00:10:29

It won't leave me alone.

00:10:35

I imagine something... and bear with me.

00:10:39

It might seem a little.

00:10:43

You know, but it kind of works.

00:10:53

So imagine.

00:11:01

Are you walking in a forest.

00:11:11

So beautiful.

00:11:16

All the tall trees.

00:11:20

And from a distance you can hear water.

00:11:32

You carrying a backpack.

00:11:37

It's heavy.

00:11:41

Like it's full of heavy stones or bricks.

00:11:48

Don't argue logic.

00:11:50

No.

00:11:57

Keep walking and walking.

00:12:06

Until the trail leads you to a small lake.

00:12:15

Put down your backpack and open it.

00:12:26

Look at all the stones and take one out.

00:12:39

On the stone, something is written, A task you didn't complete.

00:12:49

Something rude, someone says, anything that's clouding your mind.

00:13:03

Take this to open in one hand and throw it into like, as far away as you can.

00:13:19

And watch it hit the surface of the water, Creating circles.

00:13:29

And then eventually the water becomes still.

00:13:40

Pick up another stone, read what's on it.

00:13:51

And toss it away.

00:13:59

Throw them in one by one until they're all gone.

00:14:12

You've thrown away all your stress though.

00:14:16

Your worries.

00:14:26

Your backpack is no longer heavy.

00:14:28

When you pick it up, all the worries, They're gone.

00:14:44

When you continue on your trail, you can just enjoy.

00:14:51

You can just be.

00:14:58

Just relax.

00:15:06

Good job, baby.

00:15:15

You're allowed to stop.

00:15:21

You're allowed to rest.

00:15:27

And you're still you.

00:15:31

Still lovable.

00:15:36

Still wanted it.

00:15:40

Still mine.

00:15:48

I'm gonna stroke your hair slowly, gently.

00:16:06

You can let go.

00:16:08

It's okay.

00:16:14

There's no more worries, baby.

00:16:18

They're all calm.

00:16:29

You're doing perfect.

00:16:36

You're staying.

00:16:39

You breathing.

00:16:44

And you letting me take care of you.

00:16:49

That's all you have to do.

00:17:00

You did enough today.

00:17:05

More than enough.

00:17:12

You don't need to do more.

00:17:13

To deserve sleep.

00:17:20

To reserve rest.

00:17:23

To deserve rest.

00:17:29

No more.

00:17:35

I got you.

00:17:49

If you wake up again later, here's what happens, okay?

00:17:56

You don't get up.

00:17:59

You don't punish yourself with productivity.

00:18:04

You turn towards me.

00:18:10

You let me hold you.

00:18:14

That's it.

00:18:19

And I'm here for you.

00:18:27

You're not alone.

00:18:34

You safe to rest here.

00:18:39

I promise.

00:18:46

You're safe, baby.

00:18:50

Everything's okay.

00:18:55

Everything's okay.

00:19:00

Everything's okay.

00:19:11

You're okay.

00:19:15

Everything's okay.

00:19:24

Just breathe in.

00:19:40

Everything will be okay.

00:19:46

No more worries.

00:19:49

Just rest.

00:19:55

I love you, sweetheart.