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# الحياة الهادئة

Sometimes it's enough just to be quiet and let the world come to you. Small moments of stillness can change how you feel about your day.

Drinking tea slowly, reading a few pages, or sitting by the window without a phone can be enough to reset your mood. These habits don't cost much and they don't take long, but they add up when you do them every day.

Try keeping a notebook next to your bed and writing one thing you noticed before you sleep. It can be something small — a conversation, a meal, a sound you liked. Over time, you will see a pattern in what actually matters to you.