

Tiny Acts of Love

SELF SPACE

Everyday mental maintenance

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 theselfspace

Tiny Acts of Love

Tiny Acts of Love is a collection of small, human moments that help us get through. The quiet check-ins. The shared silences. The ordinary acts of care that make everything feel a little less heavy.

A text that says "Alright mate?"
Someone sitting beside us when words run out.
A laugh in the kitchen.
A hand squeezed under the table.
Tiny things - but ones that matter.

At Self Space, we see every day how much it matters to feel less alone with what we're carrying. Therapy isn't about fixing people. It's about holding stories. About sharing. About making space for all the messiness and beauty of being human, and realising you

don't have to face it by yourself. We've had over 120,000 stories shared with us. 120,000 reminders we're not alone. 120,000 meaningful moments that matter.

And still counting.

Tiny Acts of Love brings that idea out of the therapy room and into the world. Onto the street. Onto the bench. Into everyday moments we all share. Each piece reflects a different experience - friendship, parenting, anxiety, grief, burnout, loneliness - not as a problem to solve, but as a moment we move through together. An invitation to pause. To take a seat. To recognise yourself in the words. And find a little calm in knowing that others feel this way too.

**Too tired
for words**

Tiny Acts of Love

PARENTS

He's finally down and our nerves are shot,
but at least there's ten minutes of Strictly left.
Googling, "Is it normal for a two-year-old..."
while pouring wine into a mug.
Realising it was the dummy that fell out
as the doors closed.
Cheering like an away goal because she ate her peas.
Waiting for the fourth "MUMMYYYYY"
so we can steal a snog.
"I've got this one, love. Go back to sleep."
I'm so proud of us.
"We made a person!"

I lub you

Tiny Acts of Love

TODDLER

Late for work but it's fine
because searching for car keys together
counts as quality time.

Sticky hands, eyes wide as a gremlin.

"I WANT MY CHOCOLATE COIN!"

A squashed-up dandelion
as precious as a diamond.

Finding the remote in the Michaelwave.

Knowing all the dialogue in Frozen.

When they can finally swing a swing
after 10,000 hours of pushing.

**Closer than
family**

Tiny Acts of Love

FRIENDS

Glorious sofa-deep silences.

2am voicenotes that have you in stitches.

"Crash whenever you need to."

Checking in without a gameplan.

Heading over now.

A thousand little messages

with all the reasons you're proud.

"Saw this and thought of you."

Always having some PG Tips in,

even though you prefer Yorkshire.

Texting to say you're home.

Tears from laughing, dreaming, scheming.

All the things we'll do one day.

"Love you, mate."

**If your
heart is
breaking,
let it.**

Tiny Acts of Love

BREAKUP

"I don't want to be a catch, I want to be caught."

Handing you a hoodie to cry into.

The post-breakup fault-finding mission.

Give me your phone. I'm blocking him for you.

Finding the perfect screenshot to caption:

"This is worth crying over?"

Running to the shop for Cherry Coke

and Monster Munch.

Making you mention your standup gigs

in your all-killer Hinge profile.

He was punching, trust me.

"And you always hated that dog."

**Take a
big old
breath.
Go on.**

Tiny Acts of Love

ANXIETY

Pulse racing. That weight in our gut.
Catching the snag in our breath
before the fear's fully formed.
Bravely pressing send on "See you there at 7."
Daft stories to fight off dark thoughts.
A check-in call that feels spontaneous.
Quiet hand squeezes under the table.
"Want me to ask them so you don't have to?"
A French exit if it gets too much.
Feeling the fear but doing it anyway.
Even Adele gets stage fright.

**Everyone's
unique.
It's rarely
easy.**

Tiny Acts of Love

IDENTITY

Letting me be normal without having to be ordinary.

Using my pronouns to help new people see me.

Even when I'm not in the room.

Knowing the real me

when I'm feeling like a work in progress.

Asking the questions that let me open,

never the ones that make me fold.

Not letting anyone shrink me down

to an earlier chapter.

Being wise to where we are.

Whispering "Do you feel safe here?"

like a password to freedom.

**Meet me
here.**

Tiny Acts of Love

LONELINESS

It's easy to feel singled out.

The kettle rumbling in your quiet kitchen.

This high-velocity city throwing
thousands past us without a smile.

We're all of us the solution to each other's isolation.

Sending a selfie to say, "Thinking of you."

"I bought two tickets, no pressure though."

There's time for a quick drink before.

FaceTiming while you put your washing away.

Connections – to be continued.

Opening the curtains to show the sky you're still here.

**A world
away, right
there.**

Tiny Acts of Love

LONG DISTANCE FRIENDSHIP

Voicenotes from opposing time zones.

"Let's meet somewhere halfway one day."

More minutes than miles.

Oceans and heartache vs joy long-distance.

Sending each other the same TikToks.

Three-minute catch-ups between work meetings.

I'd swim that bloody sea if I had to.

"Oh-my-god, you got the job!"

Too late to call; here's a text to wake up to.

Countdown to touchdown.

Picking up where we left off, without fail.

**When it's
more than
you can lift.**

Tiny Acts of Love

CHECKING IN ON THE LADS

I've got your back, brother.

What's good, fam?

Talk to me, numpty.

I'll put the kettle on.

Promise me you'll call if it gets too heavy.

It's hard to talk about it, but I'm here if you do.

Let me share the weight.

Call anytime.

As bad as it feels, it's easier shared.

And a text is fine if you can't say it.

When you can get it off your chest.

In your own time.

I'll spot you.

**You are
home.**

Tiny Acts of Love

LONDON

Salt beef beigels on Brick Lane.

Steph's mum's patented jollof. Needoos' Lahore chops.

The Ladies' Pond in Hampstead.

A mug of builder's at Pellici's.

Orient at home.

IPL cricket on TV in The Chesham.

Sunil in his Santa hat.

Vast art in the Tate. Shakespeare in his Globe.

Rampage at Carnival, always.

Pride, still. Fabric, still.

The skaters in the Undercroft.

Crossing all the bridges.

Cycling the Olympic track.

Night-bus party belting out "It Must Be Love."

**You're way
more than
you think.**

Tiny Acts of Love

SELF-WORTH

We'd buy shares in you.

Everyone's an imposter, trust us.

Remember how hard it was, and now it's a breeze.

Screenshot our wins so we never forget.

Listening without the eyebrow raise.

Repeating compliments until we stop dodging them.

Hyping us in rooms we're not even in.

Your glass is filling up,

stop worrying about the tray underneath.

Editing out your self-deprecation in the group chat.

A force to be reckoned with.

Say it louder.

Damn right!

**You're
allowed to
want more.**

Tiny Acts of Love

PURPOSE

Catching an existential pause between
a pumpkin spiced latte and a two-hour muted zoom.
Asking "What do I want?" and waiting for the real answer.
Reminding you that life doesn't need sorting by Tuesday.
Helping fire up both the dreams and the reality.
"Try it. If it's wrong, try the next thing."
Helping to write the now-or-never email.
It's still forwards, even when the direction shifts.
Changing lanes.
Checking our compass.
Adding meaning to our everyday.

**Say their
name, it
keeps them
close.**

Tiny Acts of Love

GRIEF

Finally going near that Cure song and having your big cry.

Not washing their jumper.

Swapping stories with the ex you never met.

Remembering how evil they were about jugglers.

Needing to be with the others who were closest.

Helping with the food, the chores, the sadmin.

Laughing at a memory as if they might walk in.

Nearly calling them, then realising.

The first quiz without their football trivia.

Sitting in the ache without trying to fix it.

**Work you
isn't you.**

Tiny Acts of Love

WORK STRESS

Take your personal Q1 KPIs offline for a minute.

"Close the laptop, we'll cover it"

Lifesaving "meetings" when we're spiralling.

"Bandwidth? I'm not a bleeding modem."

A power-hour with fresh heads
rather than slogging on all night.

Defensive calendar skills –
block out the actual time you need.

Helping each other up the greasy pole.

Bringing the posh falafel when we work through lunch.

"Love your deck. Nailed it."

Caring deeply, and also not giving a damn.

Look at work-me go!

**Pass the
salty
resentment.**

Tiny Acts of Love

FAMILY TENSION

There's nothing like family.

Held tight and rubbed raw in the same breath.

Find allies, stay calm, we've been here before.

Letting them win at Monopoly.

Avoiding the subject – any subject.

Still trying to trap you on politics.

Feeling like we're back in the schoolyard.

Steely boundaries vs soul-crushing guilt-trips.

Talking us down in the bathroom between courses.

Find the joy with a singalong.

What would Claudia Winkleman do?

They're freaks but they're our freaks.

"Who wants dessert?"

**Tipsy in
the toilets.**

Tiny Acts of Love

MOTHER HEN

Zip support.

Relationship diagnostics.

Uber compliance.

Team cohesion.

Making sure we drink some actual water.

"Don't worry, stay here a bit."

Better out than in. I'll hold your hair back.

No, it's all better. You really can't tell

Anyone got dark lip liner?

No, keep it, it looks better on you.

Point him out to me, love. I'll watch him like a hawk.

I'm actually the hen, come and have shots.

Haha you dirty moo, that's hilarious.

**You're never
too much,
never too
much.**

Tiny Acts of Love

ADHD

Lateness as a creative act.

Splicing a little chaotic obsession
into the world's mind-numbing order.

Sending reminders again – and again –
without ever making it personal.

Breaking things down without breaking our dignity.

Believing us when we say we're tired.

Remembering we care deeply,
even if we have a funny way of showing it.

Loving us for how intensely,
sincerely – inconveniently – we show up.

Helping us bottle some of that all-too-fleeting passion.

Where were we again?

**It's all about
(the bank)
balance.**

Tiny Acts of Love

BROKE ON PAYDAY

Suggesting a staycation without announcing why.

"Don't worry about it - honestly" and making sure that's true.

Leaving a tenner on the side like it wafted in on the breeze.

Buying the cheap brand and pretending it's better.

Paying in advance so no one has to hesitate at the till.

Letting "maybe next month" go without fuss.

Lighting candles for romance, never mentioning cost.

Sharing passwords, leftovers, lifts, warmth.

Making jokes about everything - but never hurting with "banter".

Knowing the shame is unbearable.

Saying "I'm skint too" just to even it out.

Choosing the long walk, the early train, the flat-roofed pub.

Sharing a blanket and minestrone in a cup -

'cause last I heard, they ain't taxing love.

**Drawing out
the sound
of silence.**

Tiny Acts of Love

HARD MEN

Are you really fine? Like really?

Really? Fine? You sure?

You can't kid a kidder.

Turning the match off 'til you tell me.

"Start anywhere, mate - I'm listening."

Sitting there until we get the words out.

Not laughing when an emotion cracks through.

"You don't have to do all this in your head."

Let's get out of here so you can tell me properly.

Where are they showing the football?

**You
survived.
Let's get a
fry-up.**

Tiny Acts of Love

HANGOVER

Exceeded factory settings.

A hangover is nature's reminder that we're precious.

Now we need our molecules back.

Bacon levels dangerously low.

"Noooo! Did that actually happen? With the boots?"

Electrolytes and shame-free action replays.

Tracking down lost property, memory, dignity.

"Seriously though, are you OK?"

Nothing a movie and a snuggle-pit can't fix.

"I've got bloody mary mix at mine."

Knowing the horror will subside.

The problem with trouble is it starts out as fun.

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