How to be a Person;

Take a cold shower.
Go see a foreign film.
Write a letter to someone who is no longer in your life.
Sell a possession you love, cry about how much you miss it. Know that you did it, revel in that control. Get the possession back.
Floss.
Wear a scarf.
Look at a picture of yourself as a child. Cry about how sorry you are for her. Tell her you are sorry for what is to come. Ask her what she needs. Make her favorite meal and eat it. Watch her favorite movie and cry because she hasn't gotten to see it in so long. Give her a hug and sleep with her favorite stuffed animal.
Go out to lunch by yourself. Don't look at your phone. Let the feeling of embarrassment fill you. Let your mind convince you everyone thinks you are alone and deserve it. Push it to the side and eat your favorite food. Eat it with no distractions, let every taste mingle on your tongue.
Drink water out of a wine glass, feel fancy.
Drink wine out of an opaque water bottle like you did when you were a teenager and snuck wine from your parents. Feel young and rebellious and silly.
Try a new hobby, like knitting, even if you give it up after three days.
Give the man who lives on the sidewalk a sandwich, have a conversation with him. Realize that nothing in life is fair and there is no reason why you have a roof and he doesn't.
Vacuum a rug, watch the satisfying lines appear.
Drink an entire  64 oz of water a day, feel no different, even though your mother reminds you that not drinking enough water is the root of all your problems.
Change your sheets, empty the dishwasher, feel proud of yourself.
Buy your niece a present you always wanted. Feel jealous, then feel silly, then feel glad.
Finger paint.
Hold ice in your hand until it completely melts, let the water drip down your arm. Feel cold. Feel in control.
Smile at people on the street, wish the grocery store clerk a good day.
Take a picture of the sky, think about how small you are. Think about how small we all are. Think about how every human is looking at the same sky. Think I am a human and think that is enough.