

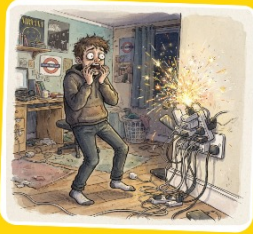
HOW TO HUMAN

Maybe nobody taught you this stuff.

Maybe you forgot.

Maybe you're out on your own for the first time.

what they don't teach you in school



 Colour your own hair

 Cook a roast from scratch

 Fix a dodgy zip

 Make a meal from 3 random tins

 Unclog a drain without calling anyone

 Actually read a payslip

 Get a stain out of anything

 Survive your first festival

 Focus & Motivation

 Job Hunting

 Your Tenancy Rights

 Work from home without going feral

 Diet & Fitness




The Head Space


Thinking of a Pet?

★ Includes savvy cash-saving life hacks
★


Where's the Floor Gone?!


Tiny Human Wrangling

 From glow-ups to home decor — glow up your room for the price of a meal deal.
We've got you covered 

Your friends will go... "wait, HOW do you know that?!"

Quick wins. Big flex — all taught here, step by step, no genius required. 



How to Human

by Liv Moore

Free Sample Chapter

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The Kitchen Awaits

Cooking, cleaning & not burning things



Boss: Sir Burn-a-lot

A gremlin who whispers 'just walk away for two minutes' — then sets your toast on fire.



Don't Set the Kitchen on Fire

KITCHEN SAFETY

Kitchens are full of hidden dangers — from pot handles waiting to be knocked, to overloaded sockets ready to spark. Learn the common hazards and the simple habits that keep you (and your dinner) safe.



1. Turn pot handles inward

Pots and pans with handles sticking out over the edge of the hob are asking to be knocked over. Turn them inward so they're safe from elbows, kids, and clumsy passers-by. Make it a reflex — every time you put a pan down, turn the handle in.

2. Don't overload plug sockets

Stuffing one socket with adapters, extension leads, and daisy-chained plugs is a top cause of kitchen fires. Spread appliances across different sockets, and never plug high-wattage items (kettle, microwave, toaster) into the same one. If the plug feels warm, it's already overloaded — unplug something now.

3. Sort out trip hazards

Rugs and mats that curl at the corners or slide around are a classic trip hazard, especially with hot food in your hands. Stick them down with grip pads, flatten curled edges, or remove them entirely from busy walkways. A hot pan of oil plus a trip is a recipe for serious burns — clear the path.

4. Keep the oven and hob clean

Grease build-up on the hob, in the oven, or around the extractor fan is flammable. A quick wipe after cooking and a deeper clean weekly keeps the fire risk down and stops smells lingering. Degreaser is your friend — spray, wait five minutes, wipe.

5. Wrap food and mind the chopping board

Unwrapped food on the counter invites bacteria and pests, and cross-contamination from a dirty chopping board can make you seriously ill. Wrap it, fridge it, and use separate boards for raw meat and veg. Raw meat on a veg board is how food poisoning happens — colour-code your boards.

6. Keep tea towels away from the hob

Hand towels on the hob, tea towels draped over the toaster, or paper near the rings can catch fire in seconds. Keep anything flammable well clear of heat sources. The hob is not a shelf — keep it clear when it's on or off.

Pro Tips

If a grease fire starts, never throw water on it — smother it with a lid or use a fire blanket. — Keep a fire blanket or small extinguisher near the kitchen door, not next to the hob. — Check your smoke alarm once a month by pressing the test button.

Myth: A TikTok says a splash of water will put out a small cooking fire. True or False?

False. Never use water on a fat or oil fire — it erupts into a fireball. Smother it with a lid or a fire blanket and turn off the heat.

Where Did My Wages Go?!

Bills, budgets, and not being mugged by your own bank account.



Boss: The Direct Debit Demon

Drains your account the day before payday and feeds on forgotten subscriptions you never cancelled.



Don't Spend It All on Snacks

BUDGETING BASICS

Work out what's coming in, what's going out, and how to stop the gap from eating you alive.



1. List your income

Write down every penny you get each month — wages, bursary, birthday tenners.

2. List your fixed costs

Rent, phone, bus pass, subscriptions — the stuff you can't dodge.

3. Add up the variable stuff

Food, top-ups, nights out. Be honest, not aspirational.

4. Find the gap

Income minus costs. Positive = great. Negative = time to act.

5. Set a weekly spend limit

Give yourself a wad to live on each week and stop when it's gone.

Pro Tips

Use a free app or just a notes page — Budget for fun, not just bills — Round expenses up, not down

Myth: As long as you have a bit of money in your account, there is no need to track where your cash is going.

False - Keeping an eye on your incoming and outgoing is the only way to stop your bank balance from disappearing into thin air.

Survive Your First Festival

Mud, music & not losing your tent



Boss: The Mud Monster

A splatty beast that swallows tents whole and feeds on lost wristbands. The longer you faff, the deeper the mud gets.



The Great Festival Squeeze

PACK FOR YOUR FIRST FESTIVAL

Get your kit in one bag and still have room to sit down — the ultimate festival packing list.



1. Start with the right bag

Use a comfy rucksack you can walk with hands-free. A wheelie suitcase is useless in mud.

Tip: Line your bag with a bin liner so everything stays dry if it rains.

2. The essentials stack

Tent, sleeping bag, roll mat, water bottle, warm jumper, waterproof jacket, hat and wellies.

Tip: Borrow a tent before you buy — most people only camp twice a year.

3. Toiletries in a small wash bag

Toothbrush, mini toothpaste, deodorant, wet wipes, loo roll in a plastic bag, suncream.

Tip: Wet wipes are festival gold — they're your shower when the queue's an hour long.

4. Clothes you don't mind ruining

Pack by outfit day, roll each outfit into a separate bag. One warm outfit for night, one for day.

Tip: No white. Just don't. The mud always wins.

5. The secret extras

Phone charger/power bank, torch, earplugs, a bit of cash, your ticket and ID, plus a bin bag for muddy clothes on the way home.

Tip: Screenshot your ticket and ID — phones die.

6. Beat four seasons in one bag

British festival weather does scorching sun, pouring rain and a freezing 3am tent all in one weekend. Layers beat one big coat — pack a warm jumper, socks and a hat for night, suncream and a hat for day, and wellies plus a pack-a-mac for rain.

Tip: Stuff newspaper inside leaky wellies overnight to dry them out.

Pro Tips

Lay everything out on your bed before you pack — if it doesn't fit on the bed it won't fit in the bag. — Wear your heaviest boots or wellies on the way there to save space. — Take a spare pair of socks. Dry socks = happiness.

Myth: You should bring absolutely everything you own to a festival because you never know what the weather will throw at you.

False - You need to pack smart and keep your kit in one manageable bag so you actually have space to sit down.

The Head Space

Feelings aren't diagnoses



Boss: The Label Monster

Slaps clinical labels on every normal human feeling until you can't tell a bad day from a condition. Peel them off and breathe.



When the Grey Won't Lift

LOW MOOD & WHEN TO GET HELP

Everyone has off days. But if the grey sticks around for weeks, drains the fun out of everything, and you can't shift it — that's a sign to get help, not to tough it out alone. First, work out what's causing it — and if you can change the trigger, do something about it.



1. Sad Day or Something More?

Sad is a normal feeling — it shows up, hangs about, lifts. Depression is persistent: most of the day, most days, for two weeks or more. It drains sleep, appetite, interest and energy, not just mood. One bad day is allowed. Two-plus weeks of grey with no joy in things you usually love = time to get help.

Tip: Duration and reach are the clues, not one intense afternoon.

2. Identify the Cause

Try to work out what's triggering the low mood. Is it a specific situation — loneliness, stress, a breakup, a rubbish job, a bad living situation? Naming the cause is the first step to doing something about it. If the trigger can be avoided or changed — a toxic friendship, a rough routine, an unhealthy habit — take steps to change it. You can't always fix the cause, but knowing it stops you blaming yourself for just 'feeling rubbish'.

Tip: If the trigger is something you can change, take one small step today. You can't always fix the cause, but you can stop it running you.

3. Tell One Person

You don't have to tell everyone — just one. A friend, parent, sibling, or teacher. A text saying 'I'm not okay and I think I need some help' counts. Saying it out loud (or in a message) makes it real and halves the weight.

Tip: One honest text is enough to start. You don't have to explain it all.

4. Try the Basics — They're a Floor, Not a Cure

Routine, daylight, movement, food, and sleep won't cure low mood, but they raise the floor you're standing on. Get outside in daylight each day, eat something proper, move your body a bit. These make everything else fractionally easier to face.

Tip: Daylight and movement aren't a cure, but they stop you sinking further.

5. See Your GP

In the UK you can see a GP about mental health confidentially from age 16 — for free. They won't judge, they won't ring your parents, and they can refer you to talking therapy or discuss other support. Book a routine appointment; you don't need to be in crisis.

Tip: GPs do this every day. Confidential from 16. It's a normal appointment.

6. Know the Crisis Lines

If it ever feels too much or you're thinking about harming yourself, use the free 24/7 lines: Samaritans 116 123 (call or email), Shout 85258 (text), or 999 in an emergency. You do not have to be suicidal to call Samaritans — they're there to listen anytime.

Tip: Save these in your phone now: Samaritans 116 123, Shout 85258.

Pro Tips

Sad is a feeling; depression is persistent. Two-plus weeks of grey = get help, not tough it out. — Tell one person. One honest text is enough to start. — Crisis? Samaritans 116 123, Shout 85258, or 999. Save them now.

Myth: If you are feeling a bit down, you should just pull yourself together and get on with it.

False - Persistent low mood isn't a personality flaw, it is a sign you might need some actual support.

The Ink & Stud Station

Tattoos, piercings & not regretting it later



Boss: The Regret Goblin

That little voice that says 'just get the £20 tattoo from that bloke in the pub, it'll be fine.' Spoiler: it won't.



Think Before You Ink

CHOOSING A TATTOO YOU WON'T REGRET

Tattoos are for life (or expensive laser). Here's how to pick a design and artist you won't be hiding from your grandkids.



Don't rush

1. Sit with it for 6 months

Sketch it, stick the printout on your fridge, and wait. If you still love it in half a year, it's probably not a phase. The number one cause of tattoo regret is impulse — and tequila.

Tip: Tattoo removal takes a year and costs hundreds. Patience is free.

2. Stalk the artist's portfolio

Find someone whose style already matches your idea — fineline, traditional, realism. Don't ask a traditional artist for a dainty fineline, and don't just go to whoever's cheapest or has a free slot.

Tip: Instagram is your portfolio. If they only post healed work and skip fresh tattoos, the healed ones are their best — dig for the average.

Stay legal

3. Check the law and their licence

In the UK you must be 18+ to get a tattoo — full stop. Any studio willing to bend that is dodgy in every other way too. Check the artist is council-licensed and registered.

Tip: In England & Wales studios must be registered with the local council. You can look it up.

Think placement

4. Mind the placement

Hands, neck and face are 'job-stoppers' — plenty of employers still judge, and they fade fast because there's nothing between bone and sun. Think where it'll be in 40 years and in a job interview.

Tip: Skin sags and stretches. Avoid stomach and inner bicep if you're planning big weight or muscle changes.

Don't cheap out

5. Budget for quality

A small tattoo from a pro is roughly £60–£150. A £20 tattoo from a bloke in a kitchen almost always costs £400+ to fix or cover. You're wearing it forever — pay for skill.

Tip: Deposits are usually non-refundable because the artist is blocking out hours. That's normal, not a scam.

Do it right

6. Bring a clear reference, then listen

Show reference images, say what you want, then trust the artist on size, detail and placement. They know how ink ages — your perfect tiny text will blob into mush in five years.

Tip: Eat before your appointment, bring water, and don't turn up hungover. A wobbly, dehydrated you makes for a wobbly tattoo.

Pro Tips

If you're under 18 in the UK, it's illegal to get a tattoo — full stop. Anyone willing is already dodgy. — Cheap tattoos aren't good, and good tattoos aren't cheap. A £40 tat often costs £400 to fix. — Flash (ready-made designs) are fine — but make sure it's not a racist symbol you didn't clock.

Myth: Getting a tattoo on a whim is a fantastic way to capture your current personality forever.

False - That drunken decision you made on a Saturday night is going to look a lot less funny when you're 70. Do yourself a favour and think before you ink.

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