variant rules (grim hollow)

Stabilisation

When a character at 0 hit points regains hit points, they instantly become conscious and heal as per usual. However, they are still incapacitated until the end of their next turn.

Concentration Checks

Whenever you fail a concentration check, you gain the dazed condition until the end of your next turn.

Bleeding

Bleeding creatures cannot regain hit points from spells or abilities. A bleeding creature can only regain hit points by consuming hit dice or completing a long rest.

Dazed

If you are concentrating on a spell and become dazed, you lose concentration on that spell and it immediately fails. While dazed, you cannot concentrate on spells.

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