

# bad day toolkit

prompts for when everything feels heavy

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hey. if you're reaching for this page, things are probably hard.  
that's okay. you don't have to fix anything here.  
just... be here. write if you can. skip what doesn't feel right.  
this is a soft place to land.

## RIGHT NOW

in one word or phrase, how are you feeling?

## WHAT HAPPENED?(optional—skip if you need to)

## BODY CHECK

where do you feel this? (tightness, ache, heaviness)



## COMFORT MENU

pick one small thing you can do right now:

drink water/tea

step outside

text someone

cozy clothes

comfort show

take a shower

listen to music

lie down 10 min

pet an animal

order food

cancel something

let yourself cry

other: \_\_\_\_\_

## ONE TRUE THING

"even on bad days, I know that..."

## NOTE TO FUTURE SELF

when you read this again, what do you want to remember?

bad days end. they always do.

you don't have to be okay right now.

you just have to get through today—and you're already doing that.