

bad day toolkit

prompts for when everything feels heavy

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)

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BODY CHECK

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



COMFORT MENU

pick one small thing you can do right now:

- | | | |
|--|---|---|
| <input type="checkbox"/> drink water/tea | <input type="checkbox"/> step outside | <input type="checkbox"/> text someone |
| <input type="checkbox"/> cozy clothes | <input type="checkbox"/> comfort show | <input type="checkbox"/> take a shower |
| <input type="checkbox"/> listen to music | <input type="checkbox"/> lie down 10 min | <input type="checkbox"/> pet an animal |
| <input type="checkbox"/> order food | <input type="checkbox"/> cancel something | <input type="checkbox"/> let yourself cry |

other: _____

ONE TRUE THING

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

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NOTE TO FUTURE SELF

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

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.....

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.