

Lower the expectations

A difficult day is not a failed day. Survival, rest and basic care count.

What is making today difficult?

What can be postponed, shortened or cancelled?

My three essentials are: 1. ____ 2. ____ 3. ____

Everything else is optional.

Meet the next need

BODY: water, food, medication, warmth, toilet, movement or rest?

ENVIRONMENT: less noise, softer light, fresh air, fewer demands?

CONNECTION: company, reassurance, practical help or quiet space?

The need I will meet first is...

The two-minute version is...

Make a gentle finish line

The next hour: I will...

A comforting thing I can prepare...

A person I can contact and the words I can use: "Today is hard. Could you ___?"

One thing I survived or managed today...

Permission for tonight: I am allowed to...
