Getting Through a Difficult Day

Reduce the day to the next kind, manageable thing.

1. Lower the expectations

Today does not need to look like an ordinary day.

What is making today difficult?

You can name feelings, sensory demands, tiredness, pain, uncertainty or anything else.

What can I take off today's list?

What can wait, be simplified, be shared or not happen at all?

What is enough for today?

Choose a kinder, smaller version of success.

A gentle reminder

You do not need to earn rest by finishing everything.

General wellbeing information; not a substitute for personalised medical, psychological or emergency support.

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2. Meet the next need

Focus on what your body and mind need before what they should achieve.

What do I notice right now?

Consider food, water, rest, medication as prescribed, comfort, safety and connection.

What would help even a little?

Think about reducing noise, changing position, asking for company or taking a break.

What is one accessible next step?

Make it small enough to begin, or ask someone to help you begin.

A gentle reminder

If the next step is too much, make it smaller or ask for support.

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3. Make a gentle finish line

You are allowed to stop before everything is done.

What did I manage or survive today?

Small things count, including resting, asking for help or setting a boundary.

What can stay unfinished?

Write down anything you are giving yourself permission to leave.

What would support me later?

Choose one helpful reminder, adjustment or person to contact.

A gentle reminder

An unfinished day is not a failed day.

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