

WHAT HELPS ON HARD DAYS



Kind ideas to help you feel a little more okay

Hard days happen. You are not alone. It's okay if things feel tough right now. These ideas might help you feel a little softer, calmer, and more supported.



THINGS THAT COMFORT ME

What makes me feel safe, settled, or comforted?

.....



WAYS I CAN BE KIND TO MYSELF

Small ways I can show myself care and compassion.

.....



THINGS THAT HELP CALM MY BRAIN

What helps me feel calmer, more focused or less overwhelmed?

.....



PEOPLE I CAN REACH OUT TO

Who can I talk to or be with when I need support?

.....



THINGS THAT HELP ME REST

What helps my body and mind rest and recharge?

.....



TINY THINGS THAT STILL COUNT

Small wins, no matter how tiny. They are still wins.

.....



THINGS I ENJOY THAT BRING ME COMFORT

The things I love that help me escape, relax or feel good.

.....



GENTLE REMINDERS FOR DIFFICULT DAYS

- ★ It's okay to not be okay.
- ★ This feeling will not last forever.
- ★ I don't have to be strong all the time.
- ★ I deserve kindness, especially from myself.
- ★ I am allowed to take up space.
- ★ I matter, always.



YOU ARE DOING BETTER THAN YOU THINK.
 Be proud of how far you've come. You are enough. You belong. You matter.