

After It Passes

Take care of the hour after a bad surge, instead of bracing for the next one.

WHEN TO USE THIS

Use this in the shaky, worn-out stretch right after one is over.

It is over. How does your body feel right now, in this quieter minute?

Two small things that would be kind to do in the next hour.

Water, a blanket, sitting outside, a shower.

1.

2.

What is your mind telling you about it happening again?

Write one line to yourself for next time. Something you would want to hear.

The hardest part is behind you today. Rest is not a reward, it is the next step.