

Coming Back Down

Look after yourself in the hour after a big feeling has passed.

WHEN TO USE THIS

Use this straight after a wave, when you feel wrung out and shaky.

It has passed. What does your body need first?

Water, food, quiet, a blanket, sleep.

What is the kindest true thing you can say about how you got through it?

Tick what you will let yourself skip today.

- ☐ Answering messages
- ☐ Cleaning up
- ☐ Making a decision
- ☐ Explaining yourself
- ☐ Going out
- ☐ Getting things done
- ☐ Working out what happened
- ☐ Nothing - I am all right

Is there anything you want to put right? What is the smallest version of that?

Afterward is part of it. Give yourself the rest of the day.