

The Morning After a Hard Night

Get through the day after a bad night without asking too much of yourself.

WHEN TO USE THIS

Use this the morning after a night that was hard to get through.

What does today need to include? Tick what is actually doable.

- ☐ Water and something to eat
- ☐ Telling one person about last night
- ☐ A shower
- ☐ Five minutes outside
- ☐ Asking for an earlier appointment
- ☐ Sleeping when I need to
- ☐ Nothing else at all

Who knows about last night? If nobody does, who will you tell today?

Not safe right now? Call or text 988, the Suicide and Crisis Lifeline, before anything else. You do not have to be alone in this hour.

What is one thing you are letting go of today?

Anything you want to remember about how you got through it.

Getting through the night was the work. Today is allowed to be a quiet one.