

What Tends to Set It Off Lately

Notice what has been landing hardest lately, and plan around some of it.

WHEN TO USE THIS

Use this on a steadier day, looking back over the last few weeks.

What has been landing hardest lately? Write four.

Sunday nights. The mail. Being alone after work. That one street.

1. _____
2. _____
3. _____
4. _____

Which of those can you plan around, and how?

THE HARD ONE

THE PLAN

If you are not safe right now, call or text 988, the Suicide and Crisis Lifeline. Reach out now. You do not have to hold this alone.

Who needs to know about one of these?

Some of these you can steer around for now. Some you plan for. Both count.