

R&R Renew & Recover

My plan for difficult days

Write this when you have some space. Keep it easy to find when needed.

Type into the boxes, or print and write. Complete only what feels useful.

Date (optional):

How do I know I am finding things harder?

Notice changes in mood, sleep, routines or contact with other people.

What can I make smaller or postpone?

Which demands can wait? What would a more manageable day look like?

What helps me feel comforted or steadier?

Include things that suit you, rather than things you feel you should do.

Who can I reach out to, and what can I ask for?

Add contact details. You could ask for company, a check-in or practical help.

What professional support can I use if I need more help?

List services or practitioners, contact details and a backup option.

A reminder I want to keep close

Write something gentle and believable for a difficult day.

Personal reflection resource. This sheet is not monitored and does not replace individual support.

Save your completed copy privately. If you are in immediate danger, call 999.

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