

THE DAY AFTER A GOOD DAY

A recovery sheet for the crash that can follow work, travel, visitors, treatment, or simply feeling almost normal again

Why this sheet exists

Sometimes a good day comes with a bill the next morning.

You managed the appointment, the drive, the workday, the family event, or the few hours when you felt like yourself again. Then your body asks for everything back.

The crash does not erase the good day. Recovery still counts as part of it.

What did yesterday cost?

- | | |
|-------------------------|-------------------------|
| ■ Travel | ■ Work |
| ■ Treatment | ■ Poor sleep |
| ■ Visitors | ■ Standing or walking |
| ■ Concentrating | ■ Masking pain |
| ■ Managing other people | ■ Missing food or water |
| ■ Heat | ■ Trying to keep up |

What is happening today?

My body feels

My mind feels

The hardest symptom or feeling

What I am blaming myself for

What actually needs attention

What can wait

Lower today's demand

Must happen	Can be shortened	Can be cancelled	Can be handed over

Recovery basics

- Drink something
- Take medication as directed
- Reduce messages
- Ask for practical help
- Eat something manageable
- Rest before I am completely depleted
- Change plans without apologising
- Contact my medical team if something is severe or worsening

A message I can send

Yesterday took more out of me than I expected. I need a quiet recovery day and may not reply or manage plans. I will be in touch when I have more energy.

What I want to remember next time

The part I enjoyed

The earliest sign I was running low

What I could shorten

What support would help

What I should leave free afterwards

What was still worth it

One final reminder

You are not unreliable because your body has limits. You are not ungrateful because a good day exhausted you.

The good day still counted. So does the recovery day.

A note about safety

This support sheet is not medical advice. Always follow the advice of your medical team. If symptoms are severe, sudden, frightening, or worsening, contact your medical team, out-of-hours service, emergency department, or local emergency number. Do not wait for the next routine appointment if something feels urgent.

**A good day can cost the next one.
Both days still belong to your life.**

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