BETWEEN APPOINTMENTS™

THE BAD DAY SHEET

A simple support sheet for the days that feel too heavy

Why this sheet exists

Some days are just bad. Not meaningful. Not inspiring. Not a lesson. Not something you need to turn into strength.

This sheet is not here to fix the day. It is here to help you get through the next small part of it.

What is actually happening today?

Today feels hard because _____

The hardest part is _____

My body feels _____

My mind feels _____

The thought I keep returning to _____

What I need most right now _____

Lower the demand

A bad day is not the day to judge your whole life, measure your strength, make big decisions, or pretend you are fine to make other people comfortable.

In the next hour, I can

■ Drink something

■ Eat something small

■ Take medication as directed

■ Sit somewhere more comfortable

■ Rest without explaining myself

■ Message one person

■ Stop searching online

■ Do one ordinary thing

■ Leave something until tomorrow

Check the basics

■ Have I had water?

■ Have I eaten something?

■ Have I taken medication as directed?

■ Have I changed position or rested?

■ Have I told someone I am having a hard day?

■ Have I contacted my medical team if symptoms are severe, sudden, frightening, or worsening?

What can wait?

Messages _____

Work _____

Admin _____

Family updates _____

Future appointments _____

Long-term decisions _____

Other people's emotions _____

Explaining myself _____

A message I can send

I am having a hard day today and I do not really have the energy to talk. I just wanted someone to know.

What would make today less hard?

One thing for my body _____

One thing for my mind _____

One thing that may reduce the noise _____

One thing I can ask someone else to do _____

One thing I can stop carrying today _____

When to contact someone

If symptoms are severe, sudden, frightening, or getting worse, contact your medical team, out-of-hours service, emergency department, or local emergency number. If you feel at risk of harming yourself or do not feel safe, contact emergency services, a crisis support service, or someone you trust immediately.

A note for later

You do not need a speech about strength. You only need to get through the next piece of time. Sometimes just being there, exactly as you are, is all the strength available. And it still counts.