

Ten minutes, honestly

A structured way to notice what is happening before deciding what to do about it. Use it on ordinary days too, so hard days have something to compare against.

DATE

TIME

WHERE I AM

1 • RIGHT NOW I FEEL

One or two words. The feelings wheel helps if nothing comes.

2 • IN MY BODY

Tight chest, heavy limbs, headache, restless, numb, nothing much...

3 • WHAT IS DRIVING IT

Symptoms today · sleep · pain · an appointment · money · people · uncertainty · nothing obvious.

4 • WHAT I NEED

Rest, food, quiet, company, information, reassurance, a plan, permission to stop.

5 • WHO OR WHAT COULD HELP

A person, a place, a routine, a professional.

6 • ONE SMALL STEP IN THE NEXT HOUR

Small enough to actually happen on a bad day.

QUICK SCALE	0	1	2	3	COMPARED WITH LAST CHECK-IN
Low mood					
Anxiety					
Overwhelm					
Hopelessness					
Isolation					

IF THINGS FEEL UNSAFE

Contact your local emergency number or a crisis line now (US: call or text 988 · UK & Ireland: Samaritans 116 123). This sheet is a check-in, not a replacement for a person.