My Crash-Day Plan

Fill this out on a good day. Use it on a bad one. You don't have to decide anything when you're wiped out; you already did.

My three non-negotiables today

_____

_____

_____

What can wait (it really can)

_____

_____

_____

Who I can text

_____

_____

What I'll say: *"Rough day. I need _____ ."*

Quick check

- ☐ Meds and supplies covered for today
- ☐ Water within reach
- ☐ Something easy to eat on hand
- ☐ Phone charged, and the right numbers close
- ☐ Their needs covered, or someone else has them

One thing that helps me

_____

My rest rules

- ☐ Lie down for _____ minutes, then reassess
- ☐ Say no to anything not on the list above
- ☐ Unclench your jaw. Drop your shoulders. Breathe.