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Women. Couples. Teens. Groups

When everything feels like too much effort

Find one thing that feels possible today

Maybe a friend texted and even replying feels like work. Use this page to choose a little care, company, or help that fits the energy you have.

Too much to write? Just circle one choice, or tap its box on screen.

What could you use today?

- ☐ A chance to rest
- ☐ A little company
- ☐ Help with one task
- ☐ Something comforting

What would that look like in the next few hours?

Pick one idea as it is, change it, or write your own below.

- ☐ Sit somewhere comfortable for a few minutes.
- ☐ Text someone I miss and ask for a short hello.
- ☐ Ask someone to handle one specific task, like dinner.
- ☐ Put on one song I usually like.

My own idea, if I have one

You can stop here. The next page is there if you want to make it easier to try.

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Make it easier to try

Use any part of this page that fits. A few words are plenty.

If what you miss is company

You may want to hear a friend's voice and still feel too tired for a visit.
A text could be as simple as

"I miss you. Do you have five minutes for a call tonight?"

My next step, if I want to try it

Be as specific as you like. "I'll text Maya after lunch" is a whole plan.

Afterward, what did you notice?

It's okay if your mood stayed the same. Mark anything that fits.

- ☐ I felt a little more connected.
- ☐ I felt about the same.
- ☐ It took more energy than I had.
- ☐ I haven't tried it yet.

Something I'd like help with

If you'd like, bring this to your next session or share it with someone you trust.

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