

When I feel small and miserable

Low heavy clouds. Cold autumn drizzle. Very little light. This feeling is weather, not your identity.

1 GET A LITTLE WARMER 5 minutes

Warm your body: Put on a sweater, wrap up in a blanket, or hold a warm mug.

Take a 5-minute care break: Drink water. Eat something simple. Wash your face. Put away 3 things. Step outside the door.

Feel the ground: Put both feet on the floor. Let the chair or wall hold some of your weight.

Slow the breath: Breathe in for 4 counts and out for 6. Do this 5 times.

Say what is true: 'I feel small and miserable right now.' Add 'right now' — this is a feeling, not a final answer.

2 TURN 'I AM' INTO 'I FEEL' 3 minutes

Write down the cruel thought in your mind right now. For example: 'I am a loser. Nothing I do matters.'

Add the word 'feel.' Rewrite it as: 'I feel like a loser. It feels as though nothing I do matters.'

Remember: A feeling can be powerful without being a fact.

Name what happened: Use one plain fact: 'I made a mistake,' 'They did not reply,' or 'I am exhausted.'

3 REMEMBER WHAT YOU CAN DO 5 minutes

Write down five things you have done, handled, learned, survived, or cared about. Small things count.

Read the list out loud. Let yourself hear the evidence.

Look at what happened in Step 2. Write down five things you could do about it. They do not have to be perfect solutions.

Choose one action that matches the energy you have right now. Do it — or complete only its smallest first part.

4 MAKE A SMALL ACTION PLAN 5 minutes

Write down the next few actions you can take. Start with the action you have already completed.

Cross it off. Let it be proof that you have already begun.

Put a realistic date beside each remaining action. Consider how much energy and support you have.

Keep the plan small: You do not need to fix everything today. You only need to know what comes next.

LET ONE PERSON SEE THE WEATHER

Send: 'Low-cloud day. I feel small and miserable. You do not need to fix it. Could you say hello or stay with me for 10 minutes?' Or simply: 'Grey day. Can you check in?'

IF YOU MAY HURT YOURSELF OR CANNOT STAY SAFE:

9-1-1: Call for immediate police, fire, or medical danger.

9-8-8: Call or text for suicide prevention and emotional distress support.

Kids Help Phone: Call 1-800-668-6868 or text CONNECT to 686868 for youth aged 5 to 29.

Hope for Wellness Help Line: Call 1-855-242-3310 for Indigenous peoples



The drizzle may not stop at once. The task is to keep the turtle warm while it passes.

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