When today feels hard

A gentle plan for low mood or overwhelm



You do not have to sort out your whole life today. This sheet is an invitation to make the next part of the day a little easier. Choose one thing; leave the rest. There is no score to achieve.
This sheet includes words you can borrow, because talking with someone you trust, or with a professional, can make difficult things feel more manageable.

1 Notice what you need

You might feel sad, tense, worn out, numb or unsure. You do not need to find the perfect name for it. Start with what feels hardest right now.

Right now, I could use a little more...

2 Choose one manageable act of care

Pick something that fits your health, energy and circumstances. Small activities and connection can be useful starting points when mood is low. [1, 2]

Basic care: A drink, something to eat, a comfortable place to sit.

Connection: A short message or a few minutes with someone safe.

Something that matters: One tiny part of a task, or a familiar enjoyable activity.

Rest or comfort: A quieter space, a pause, or music that feels right for you.

Words you could send

"Are you free for a quick chat later? I'm having a hard day and would love to hear a friendly voice."

3 Make the step small enough

For example: after lunch, I will text one person to ask for a short chat. A step can be brief, done with help, or changed partway through.

My next small step and a time that might suit

4 Leave room to adjust

Later, ask: did this help me feel a little more supported, or make something easier? If not, you have not failed. You may need a different step, some rest or another person's help.

If this is too much, I could ask for help with...

You do not have to complete this sheet before asking for help. Turn over for support options and signs that deserve attention.

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When you need more support

A difficult day is not something you have to handle alone

A small plan has limits

These prompts draw on public guidance about manageable activity, connection and self-care. They are not a course of therapy or a tested treatment in their own right. You do not need to feel better immediately for an act of care to matter. [1, 2]

Ask for an assessment when things persist

Speak with a GP (family doctor) or qualified mental health professional if low mood lasts around two weeks, keeps returning, worsens or affects everyday life. Ask sooner if you are worried. Physical illness, thyroid problems and medicines can also contribute to symptoms; a GP can assess these possibilities. Medication options or changes need to be discussed with a qualified prescriber. [2]

You may need practical support too

Money worries, grief, unsafe circumstances, illness or caring responsibilities cannot be solved by a worksheet. It is reasonable to ask for practical help as well as emotional support. Adapt activities to your health needs and any existing care plan.

Get help sooner if safety or functioning changes

Thoughts of suicide or self-harm, new voices or unusual beliefs, or being unable to manage basic care need prompt professional help. Contact a GP, an out-of-hours doctor or your mental health team. Very little sleep with unusually high energy or risky behaviour also needs prompt assessment. If there is immediate danger or you cannot stay safe, use emergency services now. [3, 4]

Someone to talk to, day or night

Ireland: Samaritans 116 123, or text HELLO to 50808. UK: Samaritans 116 123. US and Canada: call or text 988. Australia: Lifeline 13 11 14. Elsewhere: findahelpline.com lists free helplines by country. You do not need to be suicidal to reach out. Listening support does not replace emergency care. [3, 5]

Sources and further reading

Sources support the underlying guidance; they have not endorsed this sheet.

1. NHS Every Mind Matters - Tackling your to-do list (www.nhs.uk)
2. NIMH - Depression (www.nimh.nih.gov)
3. HSE - Get urgent help for a mental health crisis (www2.hse.ie)
4. NIMH - Bipolar Disorder (www.nimh.nih.gov)
5. Samaritans - Contact a Samaritan (www.samaritans.org)

Sources checked 2 October 2026. The organisations cited have not endorsed this resource. Support lines checked 25 October 2026.

More free information and support routes

More about low mood and finding support

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