

ONE THING

WHAT WOULD MAKE THE NEXT HOUR SLIGHTLY EASIER?

Not better forever. Not a life overhaul. Just one thing.

WHAT NEXT?

START SMALLER

YOU DO NOT HAVE TO SORT EVERYTHING OUT

When your head is full, trying to solve the whole problem can make it feel even bigger.

So don't start with the whole problem. Start with the next hour.

ASK YOURSELF

What is one small thing I could do that would make the next hour slightly easier?

MY ONE THING:

If even that feels too big, make it smaller.

IDEAS

SMALL IS ALLOWED

01

DRINK SOMETHING

Water, tea, squash - something simple.

02

EAT SOMETHING

Not a perfect meal. Just something if you can.

03

CHANGE THE ROOM

Move somewhere a little quieter, warmer or safer.

04

TEXT ONE PERSON

You don't need the perfect words. 'Having a rough day' is enough.

05

DO ONE PRACTICAL THING

Charge your phone. Take medication as prescribed. Put tomorrow's clothes out.

06

STOP FOR NOW

Some things can wait until tomorrow.

WHEN A GUIDE ISN'T ENOUGH

GET PROPER HELP.

If you or someone else is in immediate danger in the UK, call 999 or go to A&E.

If you need urgent help for your mental health in England, call NHS 111 and select the mental health option.

Samaritans: 116 123 - free, day or night.

Childline: 0800 1111 - for children and young people in the UK.

These guides are not counselling, medical advice or a crisis service. They are simply a place to stop and work out a next step.

ANYWAY.

It mattered. This is where you are. What next?