



A Support Map for Hard Days

Some days feel heavier than others. You do not need to solve everything today. Start by noticing where you are, what you need, and what kind of support could help.

1

Check In

How am I feeling today?

- | | |
|---------------------------------------|--|
| ☐ Tired | ☐ Sad |
| ☐ Overwhelmed | ☐ Stressed |
| ☐ Anxious | ☐ Hard to focus |
| ☐ Disconnected | ☐ Other _____ |

2

What's Weighing on Me?

What's adding pressure right now?

- | | |
|--|---|
| ☐ Work pressure | ☐ Financial stress |
| ☐ Family demands | ☐ Not enough rest |
| ☐ Health concerns | ☐ Too much to do |
| ☐ Relationship stress | ☐ Other _____ |

3

What Do I Need Most?

How could I feel more supported?

- | | |
|--|---------------------------------------|
| ☐ Rest | ☐ Medical care |
| ☐ A break | ☐ Reflection |
| ☐ Connection | ☐ Other _____ |
| ☐ Encouragement | |
| ☐ Emotional support | |

4

What Helps Today?

What's something I can try now?

- | | |
|---|--|
| ☐ Drink water or eat | ☐ Quiet time |
| ☐ Step outside | ☐ Pray or reflect |
| ☐ Take a short walk | ☐ Other _____ |
| ☐ Write things down | |
| ☐ Reach out to someone | |

5

My Support Options

Contact people I trust:

Resources I may use

- | | |
|--|---------------------------------------|
| ☐ Care provider | ☐ Faith leader |
| ☐ EAP | ☐ Mentor |
| ☐ Nice Healthcare (if eligible) | |

6

My Next Step

Today I will _____

This week I will _____

I'll contact this person:

When I will do it _____

Need support now?

If you feel unsafe, think you may harm yourself, or need immediate emotional support, call or text 988, or chat at 988lifeline.org. If this is an emergency, call 911.