My low-energy day plan

Pick what is realistic today. This page is an invitation to care, not a test. If basic care is becoming difficult or symptoms are worsening, reach out for professional support.

Choose any that fit. You do not need to check every box.

- [ ] Have something manageable to eat or drink.
- [ ] Brush my teeth, wash or choose another basic care task.
- [ ] Follow my existing prescribed-care instructions, if relevant.
- [ ] Open the curtains or spend a little time outside if able.
- [ ] Send one honest check-in message to someone I trust.
- [ ] Do the smallest version of one essential task, or ask for help.
- [ ] Make room for rest and postpone what can wait.

My own small act of care

Who I can contact / what I want to ask

Choose just one starting step. Return later if you want.