

Heavy Day Support Plan

A low-capacity worksheet for Christians who still believe but do not feel okay

This plan is for hard days when decisions feel heavy. It is not crisis care, therapy, medical advice, diagnosis, or treatment. If you are in immediate danger or thinking about harming yourself, call or text 988 in the U.S. or contact emergency services.

First: check safety

If I am not safe, I will:

- Call or text 988
- Contact emergency services
- Contact: _____
- Go to: _____

Body basics

On a heavy day, I can choose one:

- Drink water
- Eat something small
- Take medication as prescribed
- Step outside for one minute
- Sit or lie down somewhere quiet
- Change one thing about the room

My easiest body anchor is:

Soul anchors

One tiny prayer:

One Bible reference I can return to:

One sentence of truth:

People I can reach out to

Name: _____ Text/call: _____

Name: _____ Text/call: _____

Name: _____ Text/call: _____

A text I can send:

"Hard day. I do not need you to fix it. Can you just check in?"

One tiny next step

Today I will not try to fix everything. I will choose one:

- Shower or wash my face
- Open the blinds
- Walk to the mailbox
- Eat something simple
- Send one text
- Sit with God without words

My one tiny next step today:

Closing blessing

God, meet me in this heavy day. Help me choose one small thing. Remind me that being unwell does not make me unloved. Amen.

Still Here Faith offers Christian encouragement and resource navigation, not medical advice, diagnosis, treatment, or crisis care.