




My Wellbeing Map

*A reflective workbook for
understanding your version of steady –
and what helps when things feel hard*

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This workbook is intended as a reflective wellbeing resource.
It is not a substitute for professional mental health care.

If you are experiencing severe distress or crisis, please seek support from a qualified professional or local support service.

Before You Begin

What This Plan Is For

This is an invitation to create a personal guide you can return to — especially in the moments when you feel unsteady, overwhelmed, disconnected, or unsure what might help.

This plan is for anyone who wants to better understand their wellbeing and how to care for themselves when things feel difficult. You might be using it on your own, alongside therapy, or as part of a group or supported programme. You don't need any particular expertise to use it — just a willingness to reflect and notice what helps you.

The approach here is not to tell you what you “should” do, but instead to gently prompt you to reflect on what wellness looks like in your life, and draw on that awareness to support yourself with care and intention.

You've lived with yourself for a long time, and have likely experienced struggles along the way. You've gathered insights, instincts, and small clues about what helps — even if you haven't named them yet. This plan is an opportunity to do just that.

How This Plan Works

This plan is divided into four reflective sections. Each one invites you to slow down, notice what helps, and write your responses in your own way.

Together, they guide you through different parts of your wellbeing — from recognising steadiness, to maintaining it, to supporting yourself when things feel harder.

My Wellness Snapshot

3 prompts to capture what feeling well looks and feels like for you.

Staying Steady Day to Day

3 prompts to help you explore the routines, supports, and small tools that help you stay connected to your wellbeing.

When Something Knocks Me Off Track

3 prompts to reflect on the things that tend to shake your sense of steadiness — and how you respond.

When Things Get Rough

6 prompts to help you create a simple plan for the days when things feel especially hard.

As you move through the plan, you'll gradually build a clearer picture of your wellbeing — and a set of supports you can return to when you need them.

Meet the Voices in This Workbook

As you move through the prompts in this workbook, you'll sometimes see short example responses from a few fictional characters, simply to show the many different ways people might experience wellbeing. Think of them as companions exploring the prompts alongside you — and remember: The most important reflections will always be **your own**.



Rafi

- Rafi is thoughtful and observant, often noticing the small details others miss. Quiet time, creative outlets, and calm spaces help them feel steady when the world becomes overwhelming.



Jules

- Jules is capable and always on the move, good at keeping things organised and getting things done. They're learning that rest and breathing space are just as important as productivity.



Mo

- Mo is warm and deeply empathetic, often looking out for the people around her. She's learning that caring for herself deserves the same kindness she offers others.



Nia

- Nia moves through the world gently and carefully. When things feel intense she tends to retreat, and is slowly learning that small steps back toward connection can feel safe too.



Ren

- Ren is perceptive and quick to read situations, often adapting easily to what others expect. They're learning how to drop the mask and show up more honestly as themselves.

How the Prompts Are Set Up

Each prompt in this plan is designed to gently guide your thinking. You'll notice that most prompts follow a similar rhythm, offering a few different kinds of support before inviting your own reflection.



A Short Introduction

Each prompt begins with a brief explanation of why the reflection might be helpful.



Help Getting Started

You'll see a page with a few questions, words, or gentle reminders to help spark ideas. These are simply there to get your thinking moving — you don't need to use them all.



Examples From Others

You'll also see how some of the characters you met earlier might respond to the prompt. Their examples are simply there to show the many different ways people might approach the question. You might relate to some of their responses, or none at all. They're just there to spark ideas — not to suggest a "right" answer.



Over to you...

Finally, you'll have space to write your own reflections. You can write as much or as little as you like — full sentences, quick bullet points, or just a few words.

Some prompts may feel easy to answer, while others might take more time. Just take what's useful and leave the rest.

Final thoughts before you begin

Use this workbook in the way that feels best for you: move through it in order, if you like, or just dip into sections, if you prefer. You might revisit this plan over time to add new reflections, or change things as your life evolves. There's no single version of wellness, and no "right" way to do this — you're simply beginning where you are.

As you begin, it might help to keep these principles in mind:

- ✓ **Self-compassion** over self-judgment
- ✓ **Curiosity** over "getting it right"
- ✓ **Personal responsibility**, including recognising when support might help
- ✓ **You as the expert on you**

Creating a plan like this is an act of care toward yourself. It's a way of gathering your own insights and supports in one place — something you can return to when you need it.

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My Wellness Snapshot

Understanding what feeling well looks like for you

Felt Sense • Small Signs • Early Shifts

My Wellness Snapshot

Why this section matters

This section invites you to step back and reflect on what “being okay” actually looks and feels like for you — in your own words. It’s not about reaching some perfect state, but noticing the tone of your inner world, the small signs that tell you you’re steady, and the early shifts that happen when you begin to drift.

You might think of this as creating a kind of personal weather map. What does your steady climate feel like? What are the everyday signals that tell you things are going well? And what are the first quiet changes that suggest you might need a little extra care?

Creating your own wellness snapshot gives you something steady to return to. If things start to feel “off,” you’ll be able to look back and more easily spot what’s changed — like noticing when the weather begins to shift — and what might help bring you back into steadiness.

Even if it feels hard to define at first, your words don’t have to be perfect to matter. Just begin. What you write here might one day be exactly what your future self needs to remember.

My Wellness Snapshot

1.1 *When I'm well, what does it feel like to be me?*

Why this prompt matters

This prompt is your space to describe wellness from the inside — what it feels like in your body, mind, and sense of self when you're doing okay. Not what you're getting done, and not the habits that keep you well — just the internal felt sense and “texture” of steadiness.

It can be hard to name this at first, especially if you're more used to tracking what you do than how you feel. But even a few words can become a powerful reference point later.

How will this help me?

When you're not feeling like yourself, it's easy to forget what “okay” even feels like. Writing this down creates a personal reference point — a reminder of your steadier state, in your own language.

Later, if you start to drift, you can look back and ask: *What's changed in my inner world?* That simple question can make it easier to notice what you need — with more clarity and less self-judgement.

My Wellness Snapshot

1.1 *When I'm well, what does it feel like to be me?*

A few ways to think about this

- When was the last time I felt even slightly steady or okay?
- How did my body feel? What did my thoughts sound like?
- What felt lighter, steadier, or more spacious inside?
- What felt easier in me?

Words that might spark something

Calm • Clear • Rested • Connected • Soft • Confident • Steady • Present • Grounded • Open • Balanced • Safe • Curious • Unhurried • Capable • Light • Still • Regulated • Settled • Spacious • At ease • Centred

A few gentle reminders

- Try not to list habits here — focus on what it feels like when you're well.
- You don't need to describe "perfect wellness." Even "a little more like myself" is enough.

My Wellness Snapshot

1.1 When I'm well, what does it feel like to be me?

 Before you begin — a few examples from others...



Raft

- I move through the day without rehearsing everything in my head.
- I notice small things — the light in the room, the sound of birds — and it feels calming instead of distracting.



Jules

- My mind feels clear enough to just do the next thing.
- I'm getting things done, but I'm not rushing or panicking about it.



Mo

- I feel open with people, but not responsible for everyone's feelings.
- I can be warm and caring without feeling drained afterwards.



Nia

- My body feels settled instead of braced for something to go wrong.
- I can speak without carefully checking every word first.



Ren

- I stop analysing every interaction afterwards.
- I can be myself in a conversation without performing a version of me.

My Wellness Snapshot

1.1 *When I'm well, what does it feel like to be me?*



Over to you...

A large, empty light blue rectangular area with rounded corners, intended for the user to write their response to the question.

My Wellness Snapshot

1.2 *What are the small signs I'm doing okay?*

Why this prompt matters

If the last prompt explored what wellness feels like on the inside, this one focuses on how it shows up on the outside — in small, everyday ways. These are the subtle signs you can notice in your actions, energy, routines, or interactions.

They might seem ordinary: replying to a message, finishing a cup of tea while it's still warm, starting something without overthinking it. But these small signals often tell you a lot about how you're really doing.

How will this help me?

When things begin to shift, these everyday signs are often the first to change. Knowing what your “okay” looks like in practical terms makes it easier to spot when something's different.

Instead of guessing how you're doing, you'll have concrete clues to look for — small indicators that say, “Yes, I'm steady,” or gently nudge you to check in.

My Wellness Snapshot

1.2 *What are the small signs I'm doing okay?*

A few ways to think about this

- What do I do slightly differently when I'm doing okay?
- What small routines feel easier to keep up with?
- What changes in my sleep, appetite, focus, or energy?
- What might someone close to me notice?

Words that might spark something

Replying • Resting • Laughing • Texting back • Cooking • Sleeping well • Stretching • Showing up • Planning • Eating regularly • Taking breaks • Tidying • Listening • Starting tasks • Saying no • Saying yes • Making eye contact • Leaving the house • Finishing something • Showering • Going to bed on time • Drinking water

A few gentle reminders

- These signs don't have to be dramatic. Small and ordinary counts.
- Try to keep them specific — things you could point to and say, "That's different."

My Wellness Snapshot

1.2 What are the small signs I'm doing okay?

 Before you begin — a few examples from others...



Raft

- I make a cup of tea and actually drink it while it's still warm.
- I catch myself humming without realising.



Jules

- I write a to-do list that actually fits in the day.
- I reply to a message without overthinking it for twenty minutes.



Mo

- I check in with someone because I want to, not because I feel I should.
- I say "no" to something small and it doesn't ruin my whole day.



Nia

- I notice my breathing slow down a little.
- I look up when someone speaks to me instead of staying in my head.



Ren

- I leave a message unread for a while and don't feel guilty.
- I laugh at something without immediately analysing why it's funny.

My Wellness Snapshot

1.2 *What are the small signs I'm doing okay?*

 Over to you...

My Wellness Snapshot

1.3 *What happens when I start to drift?*

Why this prompt matters

You've reflected on what feeling well looks like for you. Here you'll be invited to consider the early shifts — the subtle signs that you're beginning to move away from that steadier place.

These changes are often gradual. They can show up quietly over hours or days, before anything major has happened.

This isn't about triggers or hard days. It's about noticing the drift early.

How will this help me?

Recognising these early signs gives you a gentle cue that something is shifting. It doesn't mean anything is wrong — just that you might need a pause, a check-in, or a little extra care.

Catching drift early makes it easier to respond while things are still manageable.

My Wellness Snapshot

1.3 *What happens when I start to drift?*

A few ways to think about this

- What's usually the first quiet sign that I'm drifting — even before anything specific has happened?
- What small habits or routines do I begin to loosen or skip?
- Do I feel slightly more distant — from myself or others?
- Does my energy shift (lower, wired, distracted, foggy)?
- Do I hesitate more, avoid more, or withdraw a little?

Words that might spark something

Flat • Drifting • Quieter • More sensitive • Foggy • Restless • Avoidant • Detached • Tense • Irritable • Unfocused • Less patient • Self-critical • Unsettled • Numb • On edge • Pulling back • Scattered

A few gentle reminders

- This is about early weather changes — not full storms.
- You're noticing patterns — not analysing causes.

My Wellness Snapshot

1.3 What happens when I start to drift?

 Before you begin — a few examples from others...



Raft

- I start avoiding messages, even from people I like.
- Everything feels a bit foggy, like I'm not quite present in the room.



Jules

- I start rushing through things and making little mistakes.
- My to-do list gets longer and somehow nothing feels finished.



Mo

- I keep saying "I'm fine" without really checking if it's true.
- I start worrying that I've upset someone, even when there's no real sign.



Nia

- I go quiet and find it hard to explain what's going on inside.
- I cancel plans and tell myself I just need a bit more time alone.



Ren

- I start masking harder — acting more "fine" than I actually feel.
- My thoughts get louder and harder to switch off.

My Wellness Snapshot

1.3 *What happens when I start to drift?*

 Over to you...

My Wellness Snapshot

Wrapping up

You've just taken a thoughtful look at your steadier self — the inner tone of wellness, the small everyday signs that tell you you're okay, and the early shifts that signal you might be drifting.

There's no perfect way to capture this. You may have written a lot, or just a few small things — both are enough.

Some people return to this section when things feel unclear. Others use it as a reference point — a reminder of what's most “them” when they're doing well. You can revisit and reshape it anytime.

In the next section, you'll explore the foundations that help you stay steady day to day — the small, repeatable supports that sustain your version of okay over time.



Staying Steady Day to Day

*Exploring the everyday supports that help you stay
connected to your wellbeing*

Foundations • Steadying Tools • Gentle Nudges

Staying Steady Day to Day

Why this section matters

If the previous section helped you notice your inner climate and early shifts, this one focuses on the foundations that support you in the ordinary rhythm of daily life — not just in crisis.

Many of us move through the day without recognising what keeps us well. Over time, that can make it harder to maintain balance or return to it when things wobble.

You're not looking for big fixes or perfect routines here. This is about the realistic, repeatable things that help sustain your version of okay.

Staying Steady Day to Day

2.1 *What helps me stay well in daily life?*

Why this prompt matters

This prompt invites you to notice the routines, rhythms, and small anchors that support your steadiness in everyday life.

These aren't emergency tools or crisis responses. They're the foundations — the ordinary, repeatable things that help keep your inner climate stable over time.

They don't need to be impressive or perfect. They just need to be realistic and sustainable.

How will this help me?

Wellness is often built in small, consistent moments. It's easy to overlook the quiet structures that keep you steady — like eating regularly, getting outside, keeping a simple routine, or showing up to something that matters to you.

Naming these foundations helps you see what truly sustains you. When life gets busy or messy, this list can gently remind you what's worth protecting.

Staying Steady Day to Day

2.1 *What helps me stay well in daily life?*

A few ways to think about this

- What does a “good enough” day usually include?
- What rhythms or structures help me stay balanced over time?
- What keeps my basic needs steady?
- What makes the biggest difference when I’m consistent with it?

Words that might spark something

Regular meals • Sleep routine • Planning ahead • Therapy appointments •
Check-ins • Time outdoors • Movement • Creative time • Household
structure • Boundaries • Scheduled downtime • Financial planning •
Organised space • Social contact • Rest days • Medication • Water •
Morning routine • Evening wind-down • Spiritual practice

A few gentle reminders

- This isn’t about crisis tools — it’s about the foundations that support you over time.
- Think in terms of habits, rhythms, or conditions — not quick fixes.

Staying Steady Day to Day

2.1 What helps me stay well in daily life?

 Before you begin — a few examples from others...



Raft

- Having a slow start to the morning instead of rushing straight into things.
- Spending a little time each day doing something creative.



Jules

- Starting the day with a simple, realistic plan.
- Getting outside for a short walk so my brain can reset.



Mo

- Having regular check-ins with people who know me well.
- Making space to do something kind for myself, not just for others.



Nia

- Keeping my days predictable where I can.
- Having quiet time alone so my nervous system can settle.



Ren

- Protecting some time in the day where I don't have to perform for anyone.
- Keeping my space tidy so my brain doesn't feel cluttered.

Staying Steady Day to Day

2.1 *What helps me stay well in daily life?*



Over to you...

A large, empty rectangular area with a light blue background and a darker blue vertical bar on the left side, intended for the user to write their response to the question.

Staying Steady Day to Day

2.2 *What can I reach for when things spike?*

Why this prompt matters

This reflection explores the simple stabilisers you can use in the moment — when something feels intense, overwhelming, or activating.

These aren't long-term habits or solutions. They're short, grounding actions that help your body and mind settle enough to get through the moment.

How will this help me?

When you're in a spike — anxious, flooded, stressed, or spiralling — it can be hard to think clearly. Having a short list of in-the-moment supports means you don't have to figure it out from scratch.

These small actions won't remove the feeling, but they can lower the intensity and help you stay with yourself until it passes.

Staying Steady Day to Day

2.2 *What can I reach for when things spike?*

A few ways to think about this

- When something suddenly feels overwhelming, what helps me steady myself right then?
- What helps my body feel even 5% calmer within a few minutes?
- What can I do quickly, wherever I am?
- What helps interrupt a spiral or bring me back to the present?
- What has helped me ride out a surge before?

Words that might spark something

Slow breathing • Cold water on wrists • Naming five things I see • Pressing feet into the floor • Stretching my neck • Holding something textured • Changing temperature • Short walk • Splashing water • Deep exhale • Stepping outside briefly • Listening to one song • Counting slowly • Placing a hand on my chest • Sitting back and blinking • Unclenching jaw

A few gentle reminders

- These are in-the-moment stabilisers — not long-term fixes.
- They don't need to remove the feeling, just soften the intensity.

Staying Steady Day to Day

2.2 What can I reach for when things spike?

 Before you begin — a few examples from others...



Raft

- I put both hands on my belly and take a few slow breaths.
- I run cold water over my wrists for a minute.



Jules

- I step outside and walk once around the block.
- I write down three things I've already done today so my brain slows down.



Mo

- I text someone I trust just to say I'm having a rough moment.
- I wrap up in a blanket and let myself sit still for a few minutes.



Nia

- I press my feet into the floor and notice the room around me.
- I remind myself quietly: "This is now, not then."



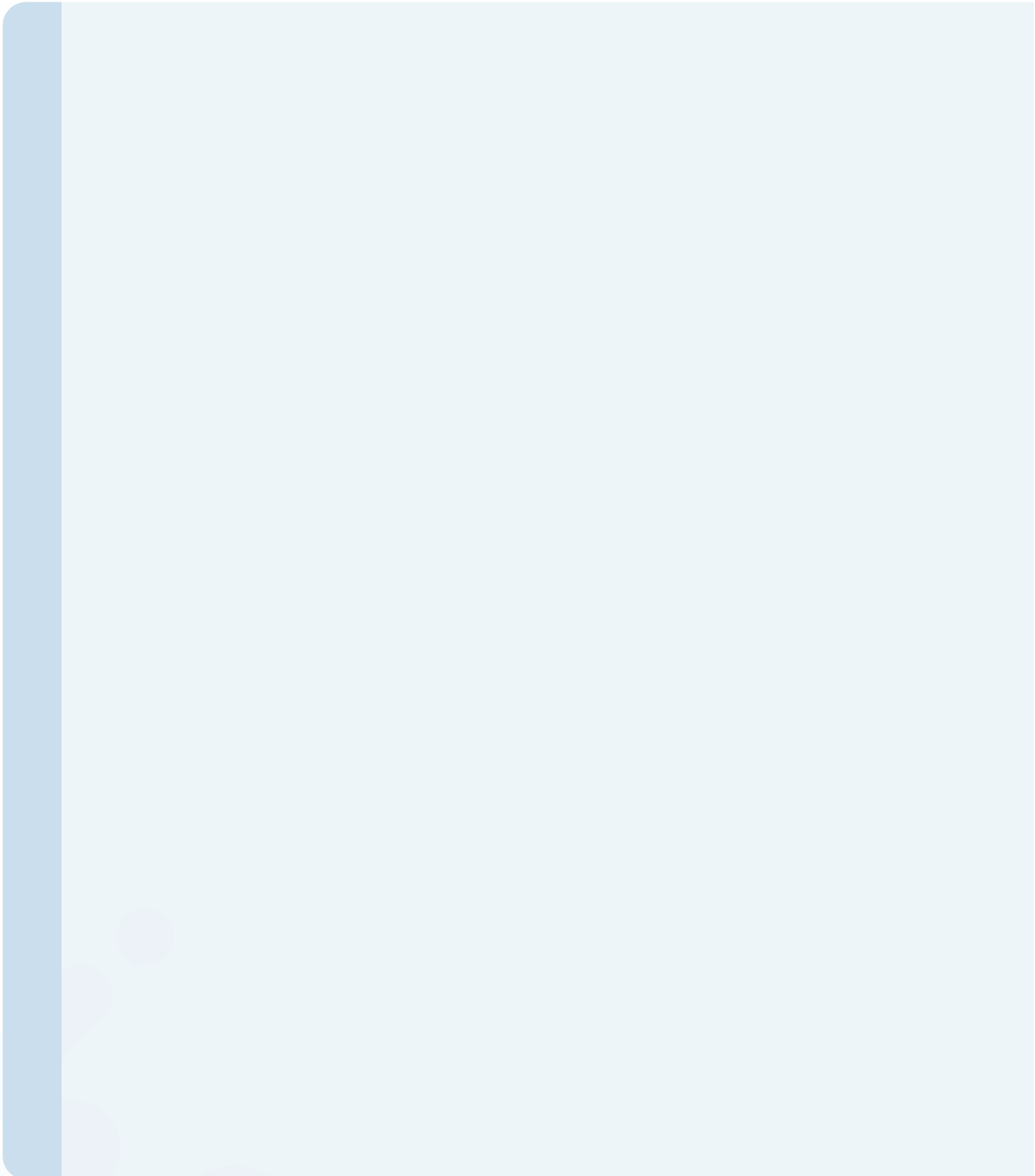
Ren

- I pause and take one very long exhale.
- I put my phone down and focus on one thing I can see or touch.

Staying Steady Day to Day

2.2 *What can I reach for when things spike?*

 Over to you...



Staying Steady Day to Day

2.3 *How can I gently nudge myself back when I've drifted?*

Why this prompt matters

If the previous prompt focused on moments of intensity or overwhelm, this one is for something quieter — the times when you've drifted, gone flat, or feel disconnected from your usual sense of self.

These are not tools for calming intense emotions. Instead, they are small invitations that help you reconnect with life when you've drifted or feel disengaged.

It invites you to notice the small actions that help you take one step back toward yourself.

How will this help me?

When you're feeling low, avoidant, or withdrawn, it's easy to stay stuck. Motivation can feel far away.

Having a short list of kind, realistic nudges — things that require very little energy — can make it easier to take that first small step.

These aren't about pushing yourself. They're about offering gentle invitations to rejoin the day.

Staying Steady Day to Day

2.3 *How can I gently nudge myself back when I've drifted?*

A few ways to think about this

- When I'm drifting, what's the smallest "doorway" back into life?
- What helps me reconnect without waiting to feel motivated?
- What's one tiny action that signals: "I'm still here"?
- What helps me rejoin the day without doing the whole day?

Words that might spark something

Open curtains • Shower • Change clothes • Step outside • Message one person • Sit somewhere different • Music • Make a drink • Wash face • Five-minute timer • One small task • Gentle movement • Fresh air • Body double • "Just start" ritual • Brush teeth • Light a candle • Put on shoes • 10-minute tidy

A few gentle reminders

- These are nudges, not pushes. Think "1% back toward myself."
- Choose things that work even when you don't feel like it.

Staying Steady Day to Day

2.3 How can I gently nudge myself back when I've drifted?

 Before you begin — a few examples from others...



Raft

- I open the window and take a few slow breaths of fresh air.
- I pick up my notebook and write one sentence about how the day feels.



Jules

- I set a five-minute timer and start the smallest task I can find.
- I put one thing away that's been sitting there all day.



Mo

- I send a quick "thinking of you" message to someone I care about.
- I name out loud what I'm avoiding, without trying to fix it yet.



Nia

- I sit with both feet on the floor and notice my breathing.
- I remind myself gently: "I'm here. I can start slowly."



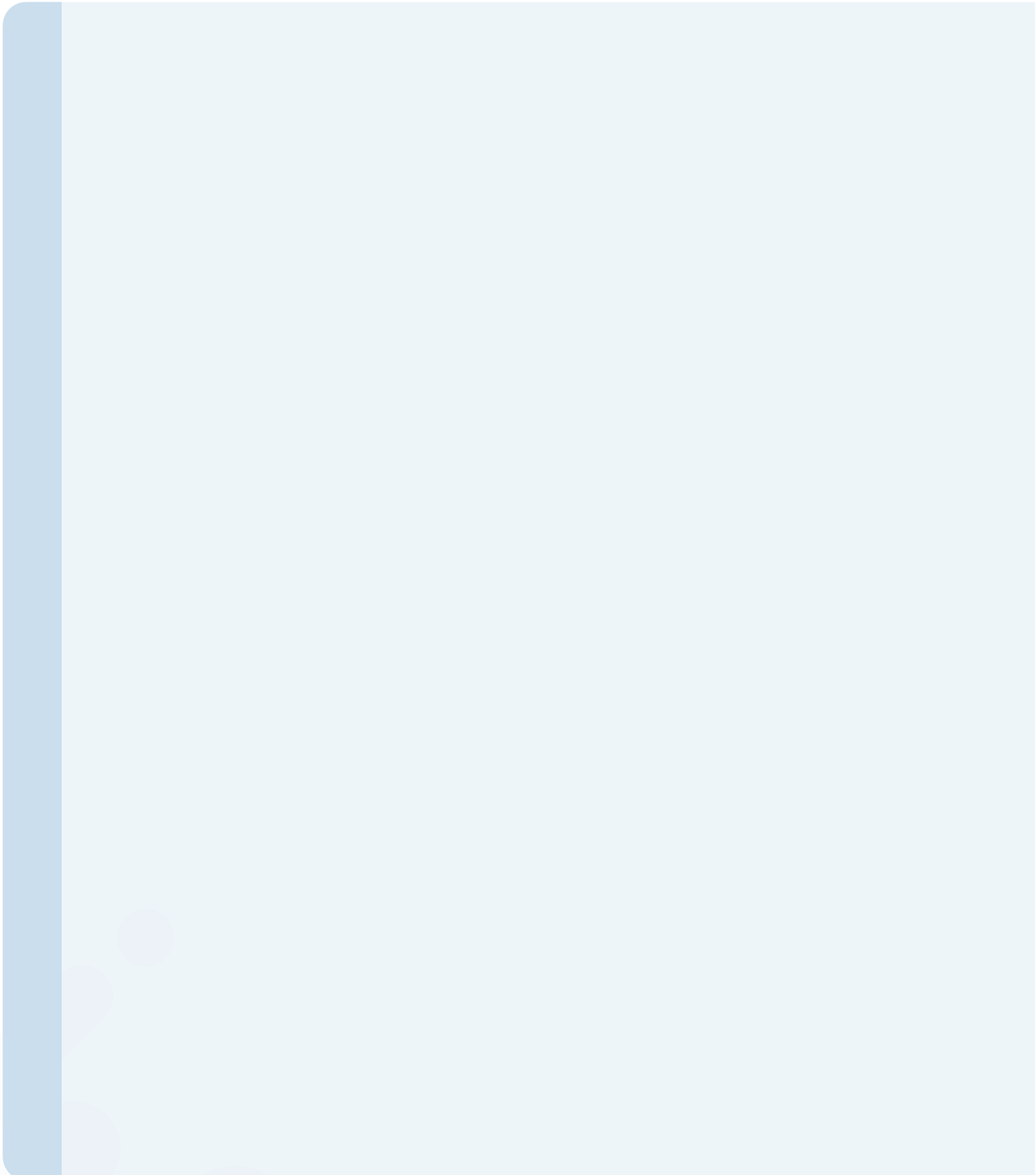
Ren

- I change into clothes that feel a bit more like "me."
- I do one small, physical task — washing a cup or folding something.

Staying Steady Day to Day

2.3 *How can I gently nudge myself back when I've drifted?*

 Over to you...



Staying Steady Day to Day

Wrapping up

You've just explored what helps you stay steady in daily life — from the foundations that support you over time, to the stabilisers that help in moments of intensity, to the gentle nudges that bring you back when you've drifted.

These reflections aren't about doing everything perfectly. They're about recognising what sustains your version of “okay,” and what helps you stay close to it.

You can return to this section anytime. Your routines and supports may shift — some will stop working, others will become more important. This is a space you can revisit and reshape as your needs evolve.

In the next section, you'll step back and look at what tends to knock you off balance — the triggers and patterns that shake your steadiness — and how you usually respond when that happens.



When Something Knocks Me Off Track

Understanding what tends to shake your sense of steadiness — and how you respond

Triggers • Reactions • Recovery

When Something Knocks Me Off Track

Why this section matters

If the previous sections focused on staying steady, this one looks at what disrupts that steadiness.

Here, you'll explore the situations, patterns, or stressors that tend to knock you off balance — and how those moments unfold for you. These might be clear triggers, or slower-burning dynamics that leave you feeling unsettled, activated, or withdrawn.

This isn't about early drift or everyday maintenance. It's about understanding the moments when something has already shaken you.

By noticing both the triggers and your typical responses, you begin to see the pattern more clearly. That clarity can give you more choice — and more compassion — in how you respond next time.

Life will always have wobbles. This section simply helps you map yours.

When Something Knocks Me Off Track

3.1 *What tends to shake me?*

Why this prompt matters

We all have certain situations, patterns, or reminders that tend to knock us off balance. Sometimes they're obvious. Other times they build quietly until something tips.

Here you'll consider the kinds of experiences that tend to activate, unsettle, or destabilise you — the moments when something happens and you feel the shift.

This isn't about early drift. It's about identifying the triggers that disrupt your steadiness.

How will this help me?

When you can clearly name what tends to shake you, you gain more awareness of your patterns. That awareness can help you prepare, set boundaries, or respond with more care when similar situations arise.

Naming triggers doesn't mean avoiding life. It simply gives you more choice — and more steadiness — when life gets complicated.

Later prompts will explore how you tend to react and what helps in those moments. For now, you're just mapping the triggers themselves.

When Something Knocks Me Off Track

3.1 *What tends to shake me?*

A few ways to think about this

- What kinds of situations tend to leave me feeling shaken or unsettled?
- Are there particular environments, people, or dynamics that are harder for me?
- Are there times of year, dates, or reminders that tend to affect me?
- What patterns tend to build up before I feel thrown off balance?
- When I look back at difficult moments, what was happening around me?

Words that might spark something

Conflict • Criticism • Sudden change • Uncertainty • Loud environments • Being rushed • Feeling misunderstood • Deadlines • Family dynamics • Anniversaries • Financial pressure • Health worries • Social media • Comparison • Feeling excluded • Loss • Authority figures • Being ignored • Ambiguity • Overcommitment

A few gentle reminders

- Some triggers are obvious; others are subtle or cumulative.
- You don't have to explain why it affects you.

When Something Knocks Me Off Track

3.1 What tends to shake me?

 Before you begin — a few examples from others...



Raft

- Being around too much noise or too many people for too long.
- Sudden changes of plan when I thought I knew what the day would look like.



Jules

- When my schedule gets too full and I feel like I'm falling behind.
- Thinking I've made a mistake at work or let someone down.



Mo

- Feeling tension between people I care about.
- Thinking someone might be upset with me.



Nia

- Being reminded of something difficult from the past.
- Feeling like I'm not being listened to or taken seriously.



Ren

- Mixed signals from people — when I can't tell what's really meant.
- Being expected to socialise or perform when my energy is low.

When Something Knocks Me Off Track

3.1 *What tends to shake me?*

 Over to you...

When Something Knocks Me Off Track

3.2 *How do I tend to react when I've been shaken?*

Why this prompt matters

Once something has knocked you off balance, it often sets off a pattern — in your body, thoughts, emotions, or behaviour.

This prompt invites you to notice what typically happens next. Do you tense up? Shut down? Over-explain? Withdraw? Try to fix everything? These reactions are often automatic, and they can be easy to miss while they're happening.

This isn't about judging your reactions. It's about recognising your patterns.

How will this help me?

When you can clearly name how you tend to respond, you create space between the trigger and the reaction.

That space can give you more choice. It makes it easier to pause, soften, or respond with more awareness instead of getting pulled fully into the pattern.

The next prompt will focus on what helps once you've been shaken. For now, you're simply mapping how it unfolds for you.

When Something Knocks Me Off Track

3.2 *How do I tend to react when I've been shaken?*

A few ways to think about this

- Once something has shaken me, what usually happens next?
- What changes in my body (tense, tired, restless, frozen)?
- What thoughts tend to get louder or loop?
- What do I do automatically — withdraw, over-explain, push through, shut down?
- How might someone close to me notice I've been shaken?

Words that might spark something

Tense • Frozen • Overthinking • Irritable • Tearful • Defensive • Numb • Hyper-alert • Withdrawn • Snappy • Self-critical • People-pleasing • Overworking • Avoidant • Sarcastic • Quiet • Restless • Foggy • Over—explaining • Controlling • Shutting down

A few gentle reminders

- These reactions are often protective — even if they don't always help.
- You're noticing patterns, not criticising yourself.

When Something Knocks Me Off Track

3.2 How do I tend to react when I've been shaken?

 Before you begin — a few examples from others...



Raft

- I go quiet and find it hard to explain what I'm feeling.
- I get stuck replaying things in my head, trying to work out what went wrong.



Jules

- I try to fix everything immediately, even things that aren't actually mine to fix.
- I work faster and harder to prove I've got it under control.



Mo

- I apologise a lot, even if I'm not sure what I've done wrong.
- I focus on making sure everyone else is okay before I check in with myself.



Nia

- I shut down a little and stop saying much.
- I feel like I need to step away and hide for a while.



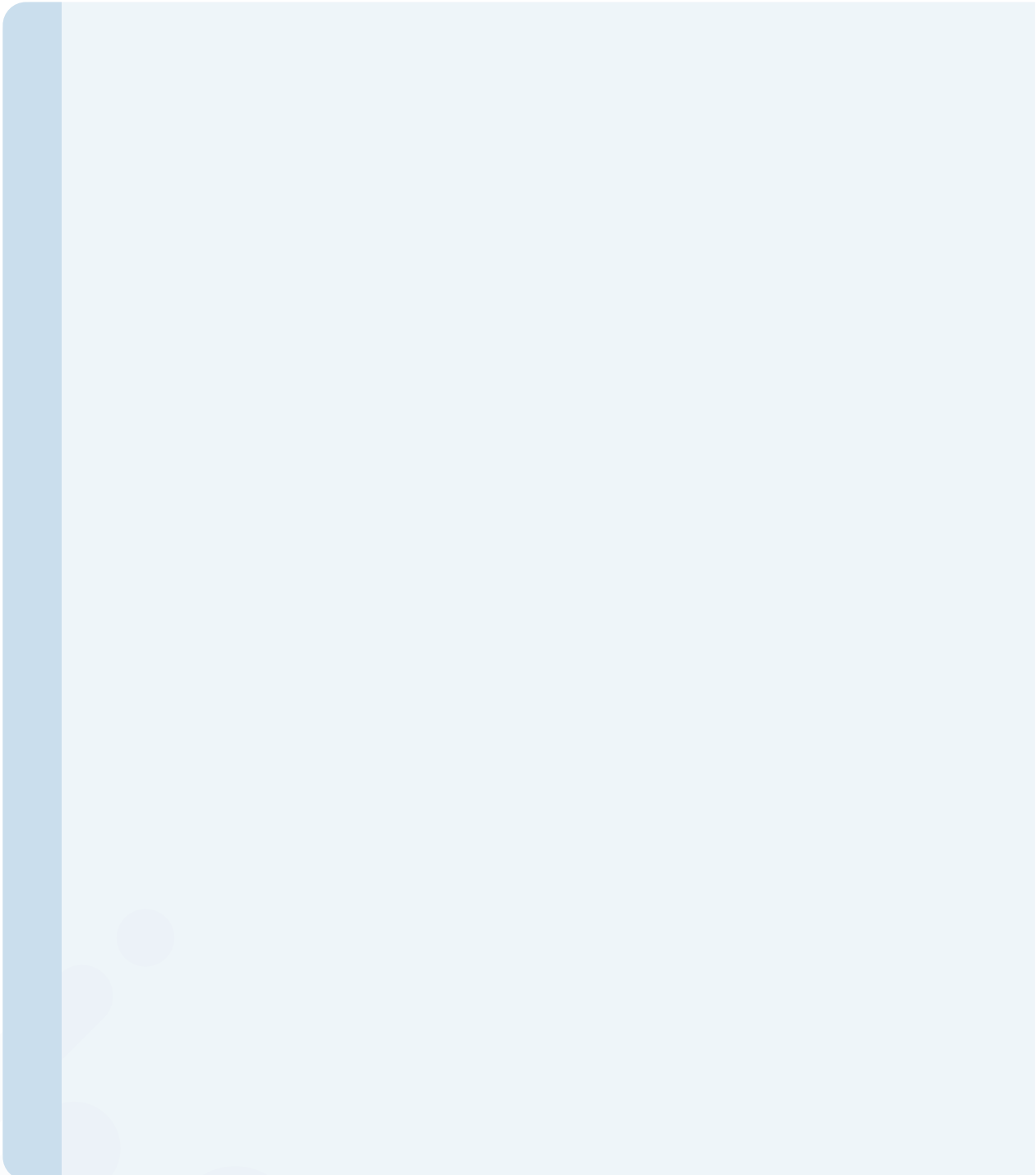
Ren

- I get very calm and controlled on the outside, even if I'm not feeling that way inside.
- I start analysing everything that was said or done.

When Something Knocks Me Off Track

3.2 *How do I tend to react when I've been shaken?*

 Over to you...



When Something Knocks Me Off Track

3.3 *What helps me when I've been shaken?*

Why this prompt matters

Once something has knocked you off balance and your usual reactions have kicked in, it can be hard to know what helps next.

This question helps you reflect on what supports you after you've been triggered — once the pattern has started to unfold. These might be things that help you settle, process what happened, or reconnect with yourself in a steadier way.

This isn't about preventing the reaction. It's about how you care for yourself once it's already happening.

How will this help me?

When you know what tends to support you after you've been shaken, you don't have to rely only on instinct.

Whether it's taking space, talking it through, grounding your body, or simply naming what happened, these supports give you more options in moments that might otherwise feel reactive or overwhelming.

You're building a clearer sense of how to come back after being shaken — not avoiding it, but moving through it with more awareness and care.

When Something Knocks Me Off Track

3.3 *What helps me when I've been shaken?*

A few ways to think about this

- After I've been shaken, what helps me begin to settle?
- What helps me process what happened — in my own time?
- What helps me feel less reactive and more grounded again?
- Do I need space, reassurance, movement, or connection?
- What helps me repair things — with myself or others — if needed?

Words that might spark something

Taking space • Going for a walk • Writing it down • Talking it through •
Sitting quietly • Gentle movement • Warm drink • Naming what happened •
Apologising if needed • Setting a boundary • Listening to music • Crying •
Deep breaths • Being alone briefly • Being with someone safe • Turning off
notifications • Reflecting before responding • Showering

A few gentle reminders

- You don't have to fix everything immediately.
- It's okay if settling takes time.

When Something Knocks Me Off Track

3.3 What helps me when I've been shaken?

 Before you begin — a few examples from others...



Raft

- Stepping outside somewhere quiet and letting my thoughts settle.
- Writing down what I'm feeling so it stops circling in my head.



Jules

- Listing what's actually in my control and letting the rest go.
- Taking a proper break before trying to tackle anything again.



Mo

- Talking things through with someone I trust.
- Letting myself feel upset instead of pretending I'm fine.



Nia

- Sitting somewhere calm with a warm drink until my body softens a bit.
- Reminding myself gently that the moment has passed.



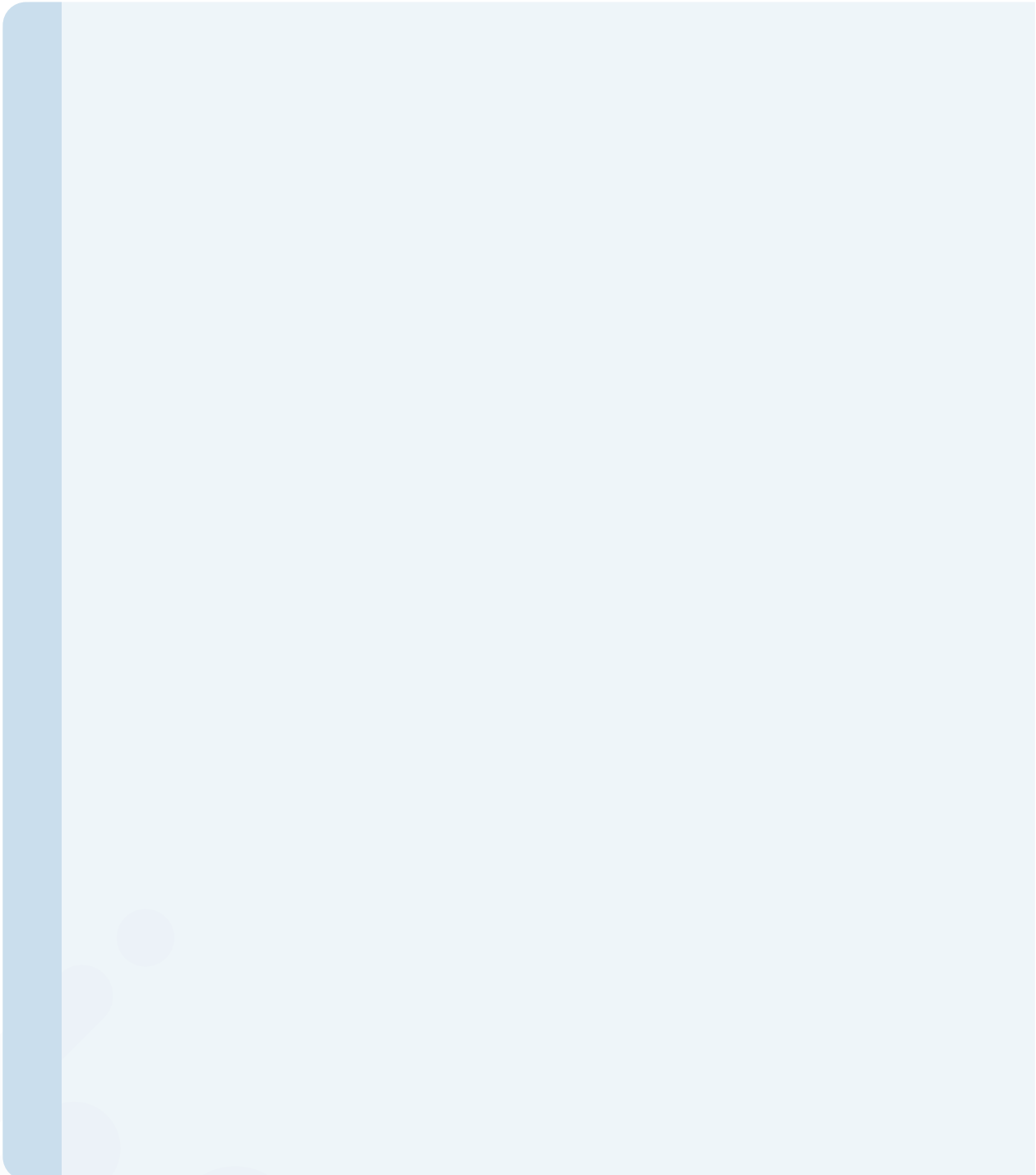
Ren

- Saying out loud what bothered me instead of brushing it off.
- Doing something simple with my hands — washing dishes, tidying a surface.

When Something Knocks Me Off Track

3.3 *What helps me when I've been shaken?*

 Over to you...



When Something Knocks Me Off Track

Wrapping up

In this section, you've reflected on what tends to knock you off balance, how those moments usually unfold for you, and what helps once you've been shaken.

You've begun to map the pattern — the trigger, the reaction, and the ways you can care for yourself afterwards. There's no “right” way to respond when you're activated, and no expectation to get it perfect. The aim is simply awareness: recognising these moments as they're happening and knowing you have options.

In the final section, you'll turn your attention to the hardest days — when your usual supports feel far away, and things feel especially overwhelming or heavy. That section is about creating a simple plan you can reach for when you're already deep in it.



When Things Get Rough

*Creating a gentle plan for the times when you're
really struggling*

Hard Days • Anchors • Words • Support • Patterns

When Things Get Rough

Why this section matters

This section is for the moments when you're already in it — overwhelmed, shut down, disconnected, or simply not okay. These are the times when your usual supports might feel far away, and your nervous system may already be in alarm, exhaustion, or fog.

Rather than trying to fix everything in the moment, this section is about having something to reach for — a plan created from a steadier place, with your own insight and care. You might think of this as a rainy-day plan — something to reach for when the emotional weather turns rough.

Here, you'll gently reflect on what these moments tend to feel like for you, what kinds of support sometimes help, and what you might need to hear or remember when things feel most difficult. You'll also think about who you can turn to, and how others can support you in ways that genuinely help.

When Things Get Rough

4.1 *What do hard days feel like for me?*

Why this prompt matters

When you're in the thick of a hard day, it can be difficult to pause and recognise what's happening. This reflection gives you space to gently name how those days tend to feel — in your body, your thoughts, your mood, or your behaviour.

Putting words to the experience can make it easier to recognise when you're struggling.

How will this help me?

When you're already in a tough place, it's easy to feel scattered, stuck, or unsure where to start. Naming how hard days tend to feel for you gives you a clearer starting point.

It helps you recognise the state you're in and say, "This is what's happening right now."

This reflection becomes the foundation for the next few prompts — where you'll explore what might support you, what you might need to hear, and how others can help in ways that genuinely feel supportive.

When Things Get Rough

4.1 *What do hard days feel like for me?*

A few ways to think about this

- When I'm having a really hard day, what does it feel like inside my body?
- What happens to my thoughts — do they race, loop, or go blank?
- How does my energy change — do I feel wired, exhausted, heavy, or numb?
- What do I find harder to do on these days?
- If someone close to me saw me on a hard day, what might they notice?

Words that might spark something

Overwhelmed • Numb • Foggy • Heavy • Restless • Anxious • Flat •
Panicked • Drained • Hopeless • Irritable • Tearful • Detached •
Exhausted • Shaky • On edge • Stuck • Disconnected • Raw • Empty

A few gentle reminders

- You're not judging the experience, just describing it.
- Even a few words can help you recognise when you're in this state.

When Things Get Rough

4.1 What do hard days feel like for me?

 Before you begin — a few examples from others...



Raft

- Everything feels louder and more overwhelming than usual.
- My mind keeps circling the same worries and I can't seem to switch it off.



Jules

- I feel like I'm falling behind on everything at once.
- Even simple tasks feel strangely heavy or impossible to start.



Mo

- I feel responsible for everyone else's feelings, but disconnected from my own.
- I want to cry but also feel like I have to keep holding everything together.



Nia

- I feel like pulling away from everything and everyone.
- My body feels tense and small, like I'm bracing for something.



Ren

- I'm acting normal on the outside but it feels like everything inside is scrambled.
- My thoughts get harsh and critical, like nothing I do is quite right.

When Things Get Rough

4.1 *What do hard days feel like for me?*



Over to you...

A large, empty rectangular area with a light blue background and a darker blue vertical bar on the left side, intended for the user to write their response to the question.

When Things Get Rough

4.2 *What helps me get through hard days?*

Why this prompt matters

If the previous prompt was about recognising “this is what’s happening,” this one builds on that with: “and this is what past-me said might help.”

When you’re already in it — overwhelmed, shut down, panicked, or simply not okay — it can be hard to think clearly about what might support you. This prompt gives you space to name the things that sometimes help when days feel really rough.

These aren’t magic fixes — just small anchors that might help you cope, stay present, or feel a little less alone.

How will this help me?

Writing these ideas down ahead of time means you don’t have to figure everything out when you’re already struggling.

They become reminders from your steadier self — not to pressure you, but to gently offer support. On a really hard day, even the smallest step can make a difference.

When Things Get Rough

4.2 *What helps me get through hard days?*

A few ways to think about this

- When I'm having a really hard day, what has helped even a little in the past?
- What helps me feel a bit safer, calmer, or less alone?
- What small things help me get through the next hour?
- Do I need comfort, quiet, movement, distraction, or connection?
- What has helped me ride out days like this before?

Words that might spark something

Resting • Cancelling plans • Drinking water • Warm shower • Fresh air •
Wrapping up in a blanket • Watching something familiar • Talking to someone
safe • Sending a simple message • Sitting quietly • Gentle movement •
Journalling • Medication • Comfort food • Turning off notifications • Being
in a cosy space • Letting myself cry • Listening to music

A few gentle reminders

- These don't have to fix the whole day — just help you get through the moment.
- Small comforts and simple steps count.

When Things Get Rough

4.2 What helps me get through hard days?

 Before you begin — a few examples from others...



Raft

- Sitting somewhere quiet with a blanket until things feel a little softer.
- Reading something gentle that helps my mind slow down.



Jules

- Picking one very small task and calling it enough for the day.
- Cancelling something I don't absolutely have to do.



Mo

- Letting someone know I'm having a hard day.
- Listening to music that matches how I'm feeling.



Nia

- Drinking a warm drink slowly and noticing the warmth.
- Sitting in a familiar, comfortable place where I feel safe.



Ren

- Putting the same song on repeat until my thoughts quiet down.
- Reminding myself that the day doesn't have to be productive to be okay.

When Things Get Rough

4.2 *What helps me get through hard days?*



Over to you...

When Things Get Rough

4.3 *What might I need to hear on a hard day?*

Why this prompt matters

Some kinds of support aren't things you do — they're things you hear. A kind word. A grounding reminder. A gentle truth you might forget when things feel heavy.

That's what this prompt is about.

For some people, affirmations feel helpful. For others, they can feel awkward or out of reach — and that's okay. This isn't about forced positivity. It's about identifying words that feel kind, believable, and grounding to you — especially on the days when you need them most.

How will this help me?

When things feel heavy, it can make a real difference to have something reassuring to hold onto.

That might be something someone once said to you, an affirmation that stuck with you, or a reminder you've written for yourself. What matters is that the words feel supportive and true enough to help you reconnect with yourself when things are hard.

When Things Get Rough

4.3 *What might I need to hear on a hard day?*

A few ways to think about this

- What do I often forget when I'm having a hard day?
- What might someone who cares about me gently remind me?
- What would my steadier self want me to remember right now?
- What words help me feel a little less alone or overwhelmed?
- What kind of message feels kind and believable to me?
- If a close friend were having a day like this, what might I say to them?

Words that might spark something

“It’s okay to take this one moment at a time.” • “You don’t have to have all the answers today.” • “You’re doing the best you can right now.” • “This feeling won’t last forever.” • “You’re allowed to rest.” • “You don’t have to carry this alone.” • “You’ve made it through hard days before.” • “It’s okay to be gentle with yourself.”

A few gentle reminders

- These words don’t have to sound perfect or poetic.
- They only need to feel kind and believable to you.

When Things Get Rough

4.3 What might I need to hear on a hard day?

 Before you begin — a few examples from others...



Raft

- “You don’t have to figure everything out today.”
- “It’s okay to go gently right now.”



Jules

- “You’ve already done enough for today.”
- “The world won’t fall apart if you slow down.”



Mo

- “You’re allowed to have needs too.”
- “You don’t have to carry everyone else today.”



Nia

- “You’re safe in this moment.”
- “You can take this one small step at a time.”



Ren

- “You don’t have to perform right now.”
- “This moment doesn’t define everything.”

When Things Get Rough

4.3 *What might I need to hear on a hard day?*



Over to you...

A large, empty rectangular area with a light blue background and a darker blue vertical bar on the left side, intended for writing or reflection.

When Things Get Rough

4.4 *Who can I turn to for support?*

Why this prompt matters

When things feel hard, knowing who you might reach out to — or even consider reaching out to — can make a big difference. This prompt invites you to name the people, communities, or spaces that help you feel more supported, seen, or less alone.

You don't need a large support network. Even one or two safe connections can offer a powerful sense of steadiness.

How will this help me?

When you're struggling, it can be difficult to think clearly about who to turn to — or to remember that support is available. Writing these names down ahead of time can make it easier to take that step when you need it.

This might include friends, family members, professionals, support groups, or even online communities — anyone or anywhere that helps you feel a little more connected.

When Things Get Rough

4.4 *Who can I turn to for support?*

A few ways to think about this

- Who are the people I feel safest being honest with?
- Who might be willing to listen, even if they can't fix anything?
- Is there someone I could message just to say I'm having a hard day?
- Are there professionals or support services I could reach out to if needed?
- Are there communities or spaces where I feel a little less alone?

Words that might spark something

Close friend • Family member • Partner • Therapist • Counsellor •
Support group • Peer community • Online forum • Helpline • Colleague •
Neighbour • Faith or spiritual community • Mentor • Trusted teacher •
Doctor

A few gentle reminders

- You don't have to reach out to everyone on this list — even one person can help.
- Different people can offer different kinds of support.

When Things Get Rough

4.4 Who can I turn to for support?

 Before you begin — a few examples from others...



Raft

- A close friend who understands when I need quiet company.
- My therapist, who helps me untangle what's going on inside.



Jules

- A colleague I trust who can help me prioritise.
- Someone who reminds me it's okay to step back when I'm pushing too hard.



Mo

- A friend who listens without trying to fix everything.
- Someone in my life who knows the real me and checks in kindly.



Nia

- A small group or community where I feel accepted as I am.
- A person who doesn't rush me and lets me take my time to speak.



Ren

- Someone I can message honestly when I'm not doing well.
- A person who understands when I don't want to explain everything.

When Things Get Rough

4.4 *Who can I turn to for support?*



Over to you...

A large, empty rectangular area with a light blue background and a darker blue vertical bar on the left side, intended for writing or reflection.

When Things Get Rough

4.5 *What helps me feel supported?*

Why this prompt matters

Not all support feels supportive. Some of us need quiet presence. Others need practical help, reassurance, or someone to simply listen.

This prompt invites you to reflect on the kinds of support that genuinely help you — in ways that feel respectful, comforting, or steady.

How will this help me?

When someone asks, “What can I do?”, it can be surprisingly hard to answer — especially in the moment. Thinking about it ahead of time can make those conversations easier.

It also gives the people who care about you a clearer sense of what support looks like for you. You might even choose to share this page with someone you trust, as a gentle guide for how they can be there when things are hard.

When Things Get Rough

4.5 *What helps me feel supported?*

A few ways to think about this

- When I'm struggling, what kind of support feels most comforting?
- Do I prefer someone to listen, offer reassurance, help practically, or simply sit with me?
- What kinds of responses help me feel understood rather than judged?
- What helps me feel less alone in a difficult moment?
- What kinds of support don't work so well for me?

Words that might spark something

Listening without interrupting • Encouraging words • Practical help • A check-in message • Making a cup of tea • Helping with small tasks • Giving me space when I need it • Reminding me to be kind to myself • Being patient • Helping me slow things down • Gentle reassurance • Sitting quietly together • A hug

A few gentle reminders

- Different kinds of support may help on different days.
- Sharing even one or two helpful ideas can make it easier for others to support you.

When Things Get Rough

4.5 What helps me feel supported?

 Before you begin — a few examples from others...



Raft

- Someone sitting with me quietly without expecting conversation.
- A gentle message that lets me know they're thinking of me.



Jules

- Someone helping me break things down into manageable steps.
- Being reminded that it's okay to pause instead of pushing through.



Mo

- Hearing someone say, "You don't have to handle this alone."
- Being encouraged to take care of myself without feeling guilty.



Nia

- Someone being patient while I find the words for what I'm feeling.
- Being given space to go at my own pace.



Ren

- Someone being direct and honest without trying to fix me.
- Being allowed to talk things through without being interrupted or analysed.

When Things Get Rough

4.5 *What helps me feel supported?*



Over to you...

A large, empty rectangular area with a light blue background and a darker blue vertical bar on the left side, intended for user input or reflection.

When Things Get Rough

4.6 *What might I be tempted to do (that doesn't help)?*

Why this prompt matters

When things feel hard, it's human to reach for something — anything — to cope. Sometimes those things genuinely help. Other times, they offer temporary relief but leave us feeling more stuck, disconnected, or worse off later.

This prompt isn't about judgement. It's about gently noticing the habits or patterns you might fall into that don't actually support you — so you can recognise them with more awareness and understanding.

How will this help me?

By naming the things that tend to backfire, you create space to pause and ask yourself, “Is this really helping?” on a hard day.

It can also help you recognise the moments when you're struggling and gently steer yourself toward something more supportive instead.

You're not trying to eliminate every unhelpful habit. You're simply building a little more clarity and compassion around what shows up when things feel hard.

When Things Get Rough

4.6 *What might I be tempted to do (that doesn't help)?*

A few ways to think about this

- When I'm having a really hard day, what do I sometimes do just to get through the moment?
- Are there habits I fall into that help briefly but leave me feeling worse later?
- Do I tend to avoid things, withdraw from people, or push myself too hard?
- What patterns show up when I'm overwhelmed, anxious, or very low?
- What do I sometimes do to distract myself from how I'm feeling?

Words that might spark something

Scrolling endlessly • Avoiding messages • Cancelling everything •
Overworking • Overthinking • Shutting down • Isolating myself • Doom-
scrolling • Numbing out • Picking arguments • Comfort eating • Skipping
meals • Sleeping all day • Staying up too late • Ignoring how I feel •
Pretending I'm fine

A few gentle reminders

- These habits are often attempts to cope — not personal failures.
- You don't have to change everything — awareness is a powerful first step.

When Things Get Rough

4.6 What might I be tempted to do (that doesn't help)?

 Before you begin — a few examples from others...



Raft

- I scroll on my phone for hours and call it resting.
- I replay conversations over and over until I feel even worse.



Jules

- I push myself to keep working even when I'm clearly exhausted.
- I add more things to my list instead of stopping.



Mo

- I say yes to helping someone even when I'm already overwhelmed.
- I focus on everyone else's problems so I don't have to look at my own.



Nia

- I withdraw from everyone and tell myself I'm fine on my own.
- I ignore what my body needs — food, rest, or fresh air.



Ren

- I joke about how I'm feeling so no one realises I'm struggling.
- I analyse the situation endlessly instead of asking for help.

When Things Get Rough

4.6 *What might I be tempted to do (that doesn't help)?*



Over to you...

When Things Get Rough

Wrapping up

You've just created a kind, honest plan to support yourself when things feel especially hard. You've reflected on how struggle tends to show up for you, and what kinds of support — from yourself and from others — might help you move through those moments with more care.

There's no perfect way to use this section. Some people treat it like a rainy-day plan, returning to it when they need a reminder of what helps. Others revisit and revise it over time as their needs shift. You might never use every part of it — but even a few solid touchpoints can make a hard day feel more manageable.

The point isn't to “do all the right things.” It's simply to have something to reach for — a plan written by you, for you — when you need it most.

Closing Reflections

You've taken time to pause and reflect on your wellbeing — what steadiness looks like for you, what supports you day to day, what tends to shake you, and what might help on the harder days.

There's no perfect way to create a plan like this. You may have written a lot, or just a few small things. Either way, you've begun something important: paying attention to your own experience with curiosity and care.

This plan isn't meant to be finished once and put away. You might return to it over time — adding new reflections, adjusting what helps, or noticing patterns you hadn't seen before.

Your wellbeing will shift and change throughout your life. This plan can shift with you.

For now, pause for a moment.

You've done something kind for yourself — and created something steady to return to.

About the author

I'm Christopher Macdonald, a BACP-registered counsellor offering person-centred counselling in the UK and online. My work focuses on creating a calm, thoughtful space where you can explore your experiences at your own pace.

If you'd like to learn more about how I work, or explore the possibility of counselling, I invite you to visit my website, where you'll find information about therapy — and a few additional reflective resources you might find helpful...

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