

A FREE PRACTICE FROM RIVERCALM

Heavy Days

For when everything takes more energy than you have.

BEFORE YOU START

When the battery runs low.

Some days everything weighs more: getting up, answering a message, deciding what to eat. Stress, burnout, a low mood, hormones or a long winter can all be behind it. The causes differ, but from the inside they can feel very similar.

On those days the mind often adds a second weight. It turns the tiredness into a judgment *(I'm lazy, I'm failing, everyone else manages)*, and that story makes the next step even harder to take.

Most of us wait for motivation before we move. With low energy it tends to work the other way around: a small action comes first, and a bit of energy sometimes follows. Not every time, and not a lot, but often enough to be worth trying.

Rest matters too: a short walk, a shower or ten quiet minutes in the sun often help.

So: three things to practice, and one week to try them in.

A SUGGESTION

Go smaller than you think you need to. If a step feels too big, cut it in half. And keep an eye on the difference between a low mood and depression: if the heaviness lasts more than two weeks, it's best to talk to a professional.

THE PRACTICE

Three things, in this order.

01 Call it a heavy day

Give it a plain name: *"Today is a heavy day."* It describes the moment without turning it into a verdict about who you are, and it's much easier to carry than *"I'm useless."*

Write the sentence you'll use:

02 Do one small thing

Pick something that takes five minutes or less: open the window, wash one cup, step outside, answer one message. Do it before you feel like it. The feeling tends to come later, if it comes at all.

When it's done, notice it and give yourself credit for it. You did something on a day when it was hard.

What are three small things you could do on a heavy day?

03 Rest on purpose

Choose rest that gives something back: a walk, a shower, lying down with music, sitting by a window. Notice how you feel afterwards, and keep the kinds that leave you a little lighter.

Your body is part of this too. Sleep, food, daylight and movement shape your mood, sometimes more than your thoughts do.

Which kind of rest leaves you feeling a little lighter?

ONE WEEK

Small and often beats big and once.

Fill in a row on the days that feel heavy. Skip the others. Blank rows are part of the design.

DAY	HOW HEAVY IT FELT	THE SMALL THING I DID	HOW I FELT AFTER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

That's it.

Heavy days don't need to be fixed in one go. One small thing, then some rest, then maybe another small thing.

If you only keep one step, keep the second one. A small action is often the easiest way back into movement.

And please remember: if you still feel low after trying, or you didn't reach the goals you set, that's okay too. Even when it feels that way, a low mood isn't a matter of attitude, and sometimes it needs deeper care.

If you'd like, write to me at info@rivercalm.life and let me know how this worksheet worked for you.



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What's next?

Give the practice one week before you decide whether it works. Small steps, repeated, are what change things.

And if you'd like to go further:

— Therapy or coaching with me, in English, Spanish or German: rivercalm.life/#sessions

These pages are educational and can't replace therapy or medical care. If you take medication, please talk to your doctor before changing anything. If you're thinking about ending your life, please call 112, or in Germany the Telefonseelsorge on 0800 111 0 111 (free, anonymous, day and night).