



TAKE-IT-WITH-YOU KIT

MISSY'S ROUGH DAY KIT

For the days when everything feels like a lot.



You do not have to solve your whole life today.

Pick one page. That counts.

What kind of rough is this?

MY BODY IS LOUD

Shaky, tense, hot, restless, tired, heavy.



MY BRAIN IS LOUD

Replaying, predicting, imagining, thinking in circles.



SOMETHING HAPPENED

Friend stuff. School. Home. Embarrassment. Conflict.



I DON'T EVEN KNOW

I just know I am not okay right now.



MISSY SAYS

Start with what feels true enough. You do not need the perfect label.

Help your body get a little quieter.

You can think about the whole situation later. Start with one small reset.

01

MOVE

Walk. Stretch. Shake out your hands. Change positions.

02

BREATHE

Try a slow breath out. Let the exhale be a little longer.

03

GROUND

5 things you see • 4 you feel • 3 you hear • 2 you smell • 1 slow breath.

04

CHANGE THE SCENE

Get water. Step outside. Sit somewhere quieter. Take a bathroom break.

MISSY SAYS

Sometimes it is easier to think after you do one small thing to help yourself settle.

Facts vs. what my brain added

Something happened. Then your brain may have filled in the rest.

WHAT I KNOW

Only what I directly know happened.

WHAT MY BRAIN ADDED

A guess, meaning, explanation, or prediction.

WHAT I STILL DON'T KNOW

Possible is not the same as known.

What kind of attention does this need?

Write the worry first. Then sort the kind of attention it needs.

THE WORRY

DO

I can take an action.

HELP

I need another person.

WAIT

I cannot know yet.

WHAT IF?

My brain is imagining a possibility.

MISSY SAYS

What actually needs my attention today?

You can borrow a sentence.

You do not have to find the perfect words while you are already stressed.

● "I need a minute."

● "I am not ready to talk yet."

● "Can you explain what you mean?"

● "I need help."

● "I do not know how I feel yet."

● "Can we come back to this?"

● "I do not want to do that."

● "Can you just listen first?"

Who can I go to?

Sometimes the next move is another person.

SOMEONE I CAN TALK TO

SOMEONE WHO HELPS ME CALM DOWN

SOMEONE I CAN ASK FOR PRACTICAL HELP

AN ADULT I TRUST

MISSY SAYS

Needing another person is not failing the reset. Sometimes HELP is the right category.

REMEMBER

A rough day is still one day.

Reset what you can.
Get help where you need it.
Leave the rest for later.



You do not need to turn one
hard day into a whole story
about who you are.

