A MENU FOR LOW-ENERGY DAYS

CARE YOU CAN ACTUALLY REACH.



Choose one. Keep it realistic for today.

BODY / One basic need

Water. A snack. A rest break.

PEOPLE / A little company

Sit near someone safe.
Send one honest message.

INTEREST / A smaller version

One song. A few pencil lines.
A short step outside, if safe.

My smallest version:

SUPPORT COUNTS

YOU DON'T HAVE TO EARN SUPPORT.

Depression can affect interest, energy, sleep, and mood. It is treatable. A qualified professional can help figure out what is going on.

If changes keep showing up, last for weeks, or get in the way of daily life, reach out. You can ask sooner.

Tiny steps can support you. You also deserve professional care when you need it.

Need support right now?

Thinking about hurting yourself? Tell a trusted adult now. Call or text 988 Suicide & Crisis Lifeline. Immediate danger? Call 911.

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www.progresscounselingprograms.com

WHEN NOTHING FEELS LIKE YOU

Low mood. Less interest. You still deserve support.



SMALL CARE STEPS. HONEST CONVERSATIONS.

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Mile or a Millimeter

01 / NOTICE THE CHANGE

WHAT'S BEEN DIFFERENT?

Mark what fits. Leave the rest.
This is a way to start a conversation.



- ☐ Less interest in usual things.
- ☐ Low energy or feeling flat.
- ☐ More irritable than usual.
- ☐ Pulling away from people.
- ☐ Changes in sleep or appetite.

No score. These changes can have different causes. A professional can help you understand them.

What I wish people understood:

How long has this felt different?

02 / TRY SOMETHING SMALLER

A SMALLER VERSION OF WHAT MATTERS.

A small action is an experiment,
not a demand to feel better.



Something I used to care about:

A smaller version I can try today:

Before, I felt:

After, I noticed:

**Same or worse? That is useful to share.
You haven't failed. Ask for support.**

03 / MAKE CONTACT

LET SOMEBODY SEE THE REAL VERSION.

**"This isn't just one rough day.
I'm not feeling like myself.
Can you help me get support?"**

My first person:

Another person I can ask:

One detail I want to share:



Hard to say out loud?

Send a message or show this page.
You don't need a polished explanation.