



Helping Dost

Your Space To Talk, Heal & Grow

A Little Help on Difficult Days



Grounding



Coping Options



Support Planning

It's okay to have difficult days.

Everyone feels overwhelmed, unsettled or unsure at times. This self-care kit is here to help you find small and simple ways to feel a little more in control, supported and steady.



You are not alone.

You have options. You can take this one step at a time.



A quick check-in before we begin...

Right now, I am feeling...



Happy



Calm



Okay



Stressed



Overwhelmed

One word to describe how I feel is...



Take what feels helpful.
Skip what doesn't.

You are doing your best,
and that is enough.



Breathe

Be Kind

You Got This ❤️

Small
steps
still make
progress
❤️





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Ground Techniques

When your mind feels too busy, these simple exercises can help you come back to the present moment.



5-4-3-2-1 Method

Look around and notice:

5



things you can see

4



things you can hear

3



things you can feel

2



things you can smell

1

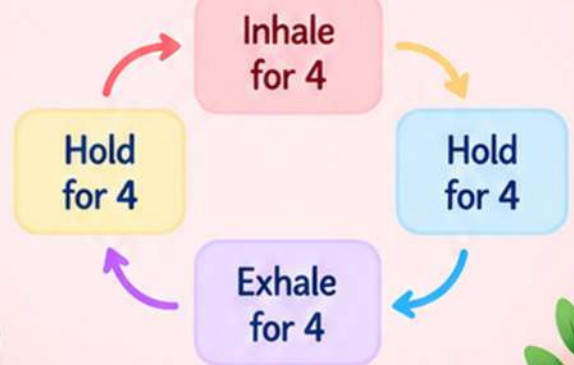


things you can taste



Box Breathing

Slow, steady breaths can help you feel calmer.



5 Senses Check-In

Notice what you can see, hear, feel, smell and taste right now. It brings you back to the present.



See



Hear



Feel



Smell



Taste



Grounding Statements

You can say these out loud or in your mind:

- I am safe right now.
- This feeling will pass.
- I can take this one step at a time.
- I have got through difficult days before.

You don't have to feel better all at once.

Just try one thing. It can make a difference.





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In the Moment Coping Options

When things feel heavy, try choosing one (or more) of these options. There is no right or wrong way.



Take a break

Step away, get some fresh air, have a drink or simply rest.



Write it out

Jot down what you're feeling, what's on your mind or what you need right now.



Move your body

Stretch, take a short walk, try some gentle movement or do a few simple stretches.



Do something calming

Listen to your favourite music, read, watch something comforting or do a hobby you enjoy.



Talk to someone

Reach out to a friend, family member or a trusted person who makes you feel safe.



Ask for help

It's okay to ask for support when you need it. You are not a burden.



One small step I can take right now is...

You are stronger than you think. 
Even small steps can help you feel a little better. 



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Creating My Support Plan

You can't control everything, but you can prepare for difficult moments. Here's a simple plan to help you feel more supported.



1. What helps me most?

These things usually make me feel safer, calmer or more supported.

☐
☐
☐

3. My go-to coping tools

These activities or reminders help me.

☐
☐
☐

2. People I can reach out to

These are people I trust and can talk to.

☐
☐
☐

4. When to seek extra support

I will reach out for professional help when:

☐
☐
☐

You are not alone. Support is always available. 





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A Little Space for Me

This is your space to reflect, reset and remind yourself that you matter.



1. A note to myself

I want to remind myself that...





2. What I need right now

Right now, I need...





3. Something I can do for myself

One small thing that will help me feel a little better is...





4. A message to my future self

I want my future self to know...





*You are doing better than you think.
Be kind to yourself. Always.*



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This is a self-help resource and not a substitute for professional support. If you need help, please reach out to Helping Dost or a trusted person.



You are not alone.