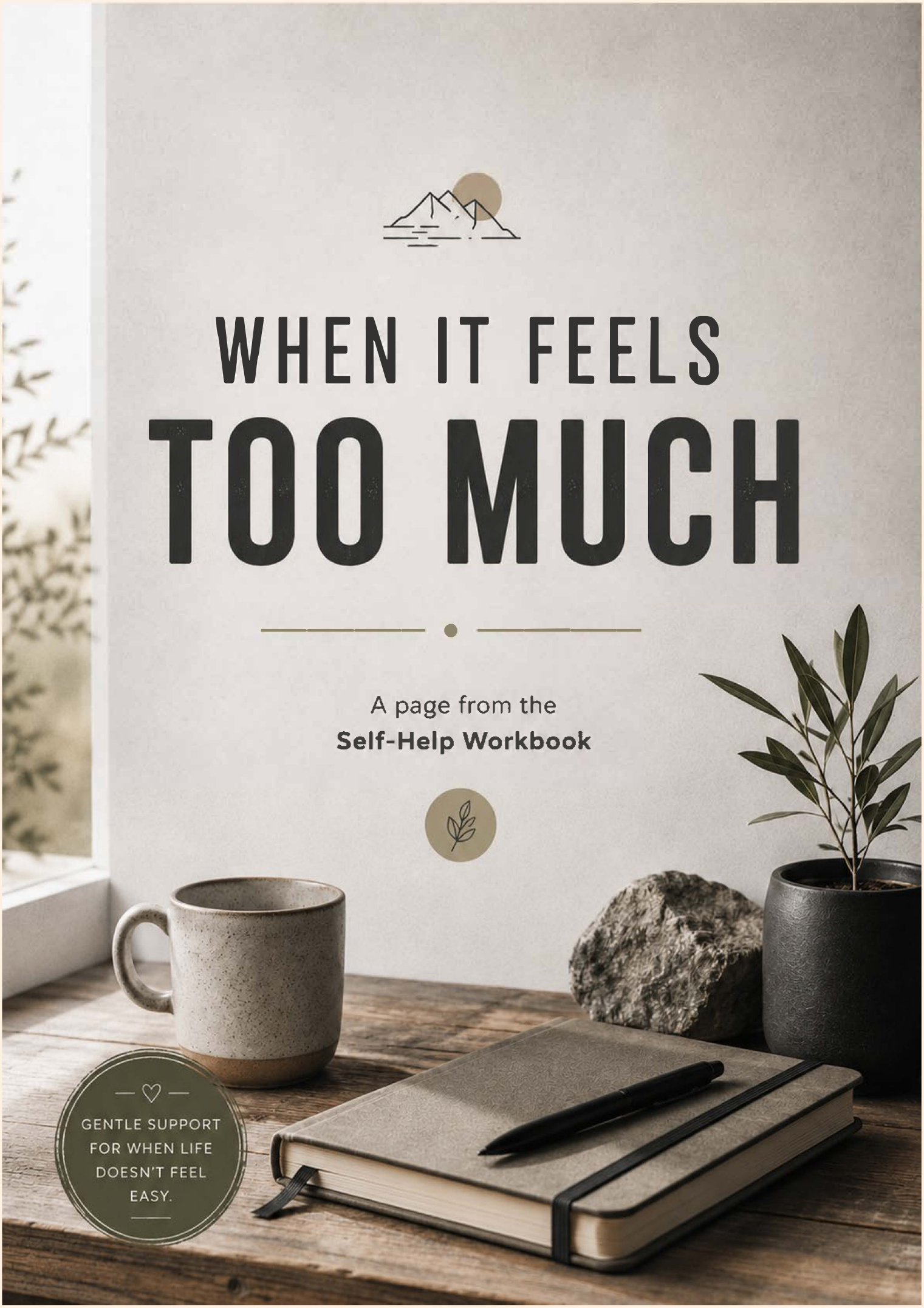
WHEN IT FEELS TOO MUCH

A page from the
Self-Help Workbook





Your Page for Difficult Days

Thank you for requesting the page for difficult days.

You can use this page as often as you like.

Once you have completed it, you can save it under a different name.
That way, you will still have the blank page available for other difficult days.

You can then save each completed page under a different name as well.

I wish you strength and success as you gain your own personal insights.

PAGE FOR DIFFICULT DAYS

If you are reading this, today may feel heavy.

erhaps everything feels too much, too empty, or too exhaus ng.

You do not need to solve anything today.
Being here is enough.

Take a slow breath in and out.

What feels heaviest right now?

What do I no ce in my body?

Something that might help me a little today:

☐ rest
☐ silence
☐ talking to someone
☐ movement
☐ distrac on
☐ crying
☐ sleeping
☐ something else:

One small, gentle step I can take now:

Someone or something that can support me:

This workbook is confidential and intended solely for personal use.

What would I say to a loved one who feels this way?

Can I o er that same so ness to myself?

Stay a li le longer.

I do not need to be strong today.
I only need to stay.

For the next 10 minutes, I choose:

☐ breathing
☐ si ng
☐ lying down
☐ messaging someone
☐ drinking a glass of water
☐ doing nothing

A gentle reminder to myself:

You may use this page as o en as needed.
ven opening it is already an act of care.

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I wish you strength and confidence on your journey toward greater self-awareness.
Because the better you get to know yourself, the more you can discover how valuable, beautiful, and authentic you truly are.

Life rarely follows a straight line. Along the way, you will encounter bumps, turns, and crossroads. Some challenges may feel light and manageable, while others can feel heavy and confusing. That is part of life — and part of personal growth.

During difficult moments, you can always take a moment to return to yourself. Consciously allow yourself some time to rest. Close your eyes, breathe in and out calmly, and bring your attention to your body — from head to toe, inside and out. Notice what is alive within you, and ask yourself: What feels like the right step for me right now?

Trust that you are on your way. You are learning, growing, experiencing, and developing yourself, every single day. Setbacks do not mean that you are failing. Often, they are the very moments that teach you something about yourself.

Do not do this to meet the expectations of others, but from a place of love, kindness, and care for yourself.

Wishing you all the best, brave man.

Harry Norder