FREE · YOURS TO KEEP, PRINT, AND HAND TO SOMEONE

What colour is today?

Find your colour. Read what fits. You do not have to think: just notice, breathe, and choose.

Red

System overloaded. You need stillness.

"I am not behind, I am overloaded. My only job today is to protect my system."

HOW YOU MIGHT BE FEELING

Body Heavy, shaky, easily out of breath, heart pounding after small efforts, wired-tired.

Mind Foggy, cannot focus, decisions feel impossible.

Emotions Flat or numb, or right on the edge of tears or irritable.

If you track Sleep has been poor, stress high, or your normal effort now feels like too much.

WHAT TO LET GO OF TODAY

- No errands, big chores, or catching up.
- No hard conversations or big decisions if they can wait.
- No pushing through because you should be able to.

WHAT HELPS: CHOOSE ONE

2 to 5 min	Slow, exhale-heavy breathing. Four counts in, six to eight counts out.
10 to 20 min	Lie down or fully rest. Low light, quiet or gentle sounds.
30 to 45 min	Warm shower or bath, then back to the couch or bed, soft clothes.
60+ min	True crash-pad time. Horizontal, minimal screens, and nothing to solve.

Today is for being a body, not a worker. That is enough.

Yellow

Fragile but here. Gentle participation.

"Gentle and steady. I'll do what I can, then stop, and that's enough."

HOW YOU MIGHT BE FEELING

Body Fine for simple tasks and short walks, but you tire easily. Big efforts feel risky.

Mind Can think in short bursts. Admin or planning drains you quickly.

Emotions Tender, a bit anxious or on alert, but not flooded.

If you track Some stress or poor sleep recently, but not at your worst.

WHAT TO BE GENTLE WITH YOURSELF ABOUT

- Needing more breaks than other people.
- Saying not today, or not this week.
- Forgetting things, or moving slowly.

WHAT HELPS: CHOOSE ONE

5 to 10 min	Gentle stretching and slow breathing.
10 to 20 min	Sit somewhere calm with sky or trees in it. No multitasking.
20 to 30 min	An easy, flat walk or light pottering at home. Two or three out of ten effort, no rushing.
40 to 60 min	One simple, nourishing task, a basic meal or a light tidy, then rest without guilt.

Small counts. You are rebuilding capacity, not taking a test.

Green

More capacity. Intentional activity.

"I have a little more today. I'll spend it on what matters, not on everything."

HOW YOU MIGHT BE FEELING

Body Movement feels light. You recover quickly from everyday tasks.

Mind Can focus for longer. Planning or problem-solving feels possible.

Emotions More access to calm, gratitude, or excitement.

If you track Sleep and stress have been reasonable lately.

WHAT TO REMEMBER

- Green is not an infinite battery. It is a bit extra, to use wisely.
- You still do not have to say yes to everything.

WHAT HELPS: CHOOSE ONE

10 to 20 min	Keep the basics, breath and stretch, even when you feel good.
30 to 45 min	One meaningful movement block. A longer walk, light exercise, or a project.
60 to 90 min	One focused block of life admin or creative work, then a real break.
Optional	Time with people or activities that genuinely feel supportive or joyful.

More life today, with soft edges. This is how your base gets stronger.

You can use this with or without a device. If your body and your data ever disagree, listen to your body first.

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WHY IT IS FREE

I made this because I needed it and nobody gave it to me

It is yours to keep, print, and hand to someone. If you are a GP, a nurse, a link worker, a therapist, or a friend sitting with someone who is struggling, print it and hand it over. You do not need to ask, and there is nothing here to buy.

It diagnoses nothing and advises nothing medical. It is one page about how to meet today, written by someone who could not meet hers.

If it helps, there is a letter once a month, and it is free as well.

If you are struggling tonight and cannot wait, please do not sit with it alone. In Scotland, 111 reaches the NHS 24 Mental Health Hub at any hour, and Samaritans are on 116 123, free, day or night. In the United States and Canada, call or text 988. Anywhere else, findahelpline.com lists the lines that operate in your country. Nothing on this page is medical advice, and I am not a clinician.

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