

My Safe Enough Day

BETWEEN SESSIONS · GENTLE PLANNING

Not a perfect day. A day that feels steady enough, and kind enough.

On harder days, aiming for a perfect day can quietly add pressure. A “safe enough” day is a gentler plan: a few small anchors that may help you feel a little steadier, with permission to let the rest wait. There’s no right way to fill this in, and small is more than enough.

NOT

“How do I have a perfect day?”



INSTEAD

“What would make today safe enough?”

Six small anchors

Choose the smallest version that still helps



Something that grounds me

A small way to feel steadier in the here and now

Slow breaths Feet on the floor A warm drink
Stepping outside



Something my body needs

A basic kindness to my body

Rest Water A proper meal
Medication as prescribed Gentle movement



Something I need to accomplish

One task, kept as small as it can be

Reply to one message Pay one bill
Ten minutes of tidying



Something that gives me pleasure

Something small I usually enjoy, even a little

Music A favourite show Time in nature
Time with a pet



Someone I can connect with

One point of contact, however brief

Send a text A short call Sit with someone
A support group



Something I can leave undone

Giving myself permission to let something wait

The full inbox Extra chores A perfect meal

At the end of the day

A gentle look back, without scoring

What went okay today?

Even one small thing counts

A kind word to myself

What I might say to a friend who'd had today

What the research suggests

Planning small, manageable activities, including ones that feel pleasant or meaningful, has research support for improving mood in depression (Cuijpers et al., 2007; Dimidjian et al., 2011). This page is a gentle planning tool, not a treatment, and it may help to use it alongside support from your psychologist.

SOURCES

Cuijpers, P., van Straten, A., & Warmerdam, L. (2007). Behavioral activation treatments of depression: A meta-analysis. *Clinical Psychology Review*, 27(3), 318–326.

Dimidjian, S., Barrera, M., Jr., Martell, C., Muñoz, R. F., & Lewinsohn, P. M. (2011). The origins and current status of behavioral activation treatments for depression. *Annual Review of Clinical Psychology*, 7, 1–38.