

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

## When Life Gets Hard Survival Pack

A practical guide to help you through difficult days.

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## Disclaimer

This survival pack has been created by Safe Haven Connect CIC to provide general wellbeing and self-help guidance.

It is not a substitute for professional medical, psychological or therapeutic advice.

If you are in immediate danger or believe you may act on thoughts of harming yourself or others, contact your local emergency services immediately or seek urgent help.

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## ♥ PAGE 1 – If Everything Feels Too Much Right Now

If you're reading this because life feels overwhelming...

Please know this:

You don't have to solve your whole life today.

Your only job right now is to get through the next few minutes.

Take one slow breath.

Then another.

You have survived every difficult day that has brought you here.

That means there is still hope.

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♥ Right Now I Will...

- ☐ Take three slow breaths.
- ☐ Drink a glass of water.
- ☐ Sit somewhere safe.
- ☐ Read this pack.
- ☐ Tell someone how I'm feeling.
- ☐ Be kind to myself.
- ☐ Remember this feeling will not last forever.

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♥ My Name

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Today's Date

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♥ Remember

You don't need all the answers today.

You only need your next small step.

One step is enough.

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PAGE 2 – The First 10 Minutes

When everything feels overwhelming, it's easy to think you have to fix everything immediately.

You don't.

For the next 10 minutes, your only goal is to help your mind and body feel a little safer.

Small actions can help interrupt the cycle of panic, stress or overwhelm.

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### My 10-Minute Reset

- ☐ Take 10 slow breaths.
- ☐ Drink a glass of water.
- ☐ Sit somewhere quiet.
- ☐ Place both feet on the floor.
- ☐ Unclench my jaw.
- ☐ Relax my shoulders.
- ☐ Stretch gently.
- ☐ Remind myself:

"I only need to get through the next 10 minutes."

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### Grounding Exercise

Name...

5 things you can see

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4 things you can feel

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3 things you can hear

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2 things you can smell

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1 thing you can taste

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♥ My Safe Place

Where do I feel most safe?

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♥ Remember

Feelings are temporary.

Even if they feel overwhelming right now, they will change.

You don't have to rush.

You don't have to fix everything.

Just get through the next 10 minutes. One breath at a time.

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### PAGE 3 – The First Hour

The first hour after feeling overwhelmed can feel incredibly difficult.

Instead of trying to solve every problem, focus on meeting your basic needs and giving yourself time to recover.

Small actions can help create a sense of calm and control.

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 During the Next Hour I Will...

- ☐ Drink some water.
- ☐ Eat a small meal or snack.
- ☐ Take any medication I need.
- ☐ Go outside for a few minutes.
- ☐ Open a window for fresh air.
- ☐ Listen to calming music.
- ☐ Take a shower or wash my face.
- ☐ Put on comfortable clothes.
- ☐ Avoid making major decisions.
- ☐ Be kind to myself.

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 What do I need most right now?

- ☐ Rest.

☐ Company.

☐ Quiet.

☐ Food.

☐ Water.

☐ Fresh air.

☐ Reassurance.

☐ Time.

☐ Other:

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♥ One person I could contact if I need support

Name:

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Phone:

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♥ One thing that usually helps me feel calmer

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### Remember

You don't have to have everything figured out today.

Your only goal right now is to take care of yourself in this moment.

One hour at a time is enough.

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PAGE 4 – Getting Through Today

When life feels overwhelming, today is enough.

You don't have to think about next week or next month.

Focus on getting through today with kindness, patience and small, manageable steps.

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### Today I Will...

- ☐ Get out of bed.
- ☐ Drink enough water.
- ☐ Eat something nourishing.
- ☐ Spend at least 10 minutes outside.
- ☐ Take any medication I need.
- ☐ Rest without feeling guilty.

- ☐ Speak kindly to myself.
- ☐ Reach out to someone if I need support.
- ☐ Complete one small task.
- ☐ Remember that today is enough.

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### Three Small Wins for Today

1.

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2.

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3.

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### One Thing I Can Let Go of Today

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### At the End of Today, I Want to Remember...

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### Remember

You don't need to have a perfect day.

You only need to keep putting one foot in front of the other.

Every small achievement matters, even if nobody else sees it.

Today is enough. Tomorrow can wait.

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PAGE 5 – My Personal Calm Plan

Everyone finds comfort in different things.

Having a calm plan ready before you need it can make difficult moments feel a little more manageable.

You don't need lots of options—just a few things that help you feel safe and grounded.

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### Things That Usually Help Me Feel Calm

☐ Deep breathing.

- ☐ Going for a walk.
- ☐ Listening to music.
- ☐ Sitting quietly.
- ☐ Having a warm drink.
- ☐ Spending time with my pet.
- ☐ Talking to someone I trust.
- ☐ Watching a favourite film or TV programme.
- ☐ Reading.
- ☐ Being in nature.
- ☐ Taking a shower or bath.
- ☐ Other:

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### My Comfort List

Write down five things that usually help you feel a little better.

1.

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2.

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3.

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4.

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5.

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### Things I Want to Avoid When I'm Overwhelmed

- ☐ Isolating myself for too long.
- ☐ Skipping meals.
- ☐ Being too hard on myself.
- ☐ Making big decisions.
- ☐ Arguing with others.
- ☐ Doomscrolling on social media.
- ☐ Other:

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### Remember

You don't have to wait until you feel better before looking after yourself.

Sometimes the smallest comforting action is enough to help you through the next few minutes.

Be gentle with yourself. You're doing the best you can, and that's enough for today.

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PAGE 6 – My Emergency Support List

When life feels overwhelming, it can be difficult to remember who you can turn to.

Completing this page while you're feeling calmer means you already have your support network written down if you ever need it.

Remember, asking for help is a sign of strength.

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♥ People I Can Contact

Person 1

Name:

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Phone Number:

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Person 2

Name:

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Phone Number:

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Person 3

Name:

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Phone Number:

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 Professionals Who Support Me

☐ GP Surgery

☐ Mental Health Team

☐ Counsellor or Therapist

☐ Support Worker

☐ Other:

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Phone:

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 If I Feel Unsafe

☐ Tell someone how I'm feeling.

☐ Contact a trusted person.

☐ Contact my GP or mental health team.

☐ Contact emergency services if I or someone else is in immediate danger.

☐ Stay with someone I trust if possible.

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♥ Remember

You were never meant to carry everything on your own.

Support is available, and reaching out can be the first step towards feeling safer and more supported.

You matter. Your life matters. There are people who want to help.

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PAGE 7 – My Reasons to Keep Going

When life feels overwhelming, it can be hard to remember what matters most.

This page is a reminder of the people, places, dreams and moments that give your life meaning.

You don't need a long list.

Even one reason is enough.

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♥ The people who matter to me

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♥ The things I still want to experience

☐ Travel somewhere new.

☐ Spend time with loved ones.

☐ Watch my children or family grow.

☐ Learn a new skill.

☐ Achieve a personal goal.

☐ Help other people.

☐ Enjoy peaceful days.

☐ Other:

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♥ Things that make life worth living for me

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♥ A message to myself

Write a message to read whenever life feels especially difficult.

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♥ Remember

Your difficult moments do not define your future.

There are still chapters of your story that haven't been written, people you haven't met, memories you haven't made and reasons to smile that you haven't experienced yet.

Hold on. Tomorrow may bring something you cannot see today.

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PAGE 8 – My Safe Place

When life feels overwhelming, it can help to have a place—real or imagined—where you feel calm, safe and supported.

Your safe place might be a favourite room, a beach, a woodland walk, a garden or simply a comforting memory.

You can return to this place in your mind whenever you need a moment of peace.

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♥ My Safe Place Is...

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♥ What can I see there?

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♥ What can I hear?

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♥ What helps me feel safe?

- ☐ Being with someone I trust.
- ☐ Being in nature.
- ☐ Listening to calming music.
- ☐ Wrapping up in a blanket.
- ☐ Holding a comforting object.
- ☐ Spending time with my pet.
- ☐ Sitting somewhere quiet.
- ☐ Taking slow, deep breaths.
- ☐ Other:

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♥ My Comfort Reminder

Write a sentence you can read whenever you need to feel grounded.

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♥ Remember

Safety isn't always about where you are.

Sometimes it's about slowing down, breathing deeply and reminding yourself that this difficult moment will pass.

Your safe place is always there for you whenever you need it.

One peaceful moment can be the beginning of feeling better.

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PAGE 9 – My Personal Survival Plan

This is your plan for the days when life feels especially difficult.

You don't need to remember everything when you're overwhelmed—that's why you're creating this plan now.

Keep it somewhere easy to find and return to it whenever you need support.

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 My Early Warning Signs

☐ I stop sleeping well.

☐ I stop eating properly.

☐ I isolate myself.

☐ I lose motivation.

☐ I feel overwhelmed.

☐ I become more anxious.

☐ I stop enjoying things.

☐ Other:

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 When I Notice These Signs, I Will...

☐ Tell someone I trust.

☐ Read this Survival Pack.

☐ Complete a breathing exercise.

☐ Go outside for fresh air.

☐ Drink some water.

☐ Eat something nourishing.

☐ Use Safe Haven Connect CIC resources.

☐ Other:

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 My Three Go-To Coping Strategies

1.

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2.

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3.

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### My Personal Reminder

When life feels overwhelming, I want to remember...

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### Remember

You don't have to face difficult days without a plan.

Preparing for those moments is an act of self-care, not weakness.

Every time you follow your plan, you're choosing to look after yourself with compassion and courage.

One small step can make all the difference.

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PAGE 10 – My Survival Promise

Congratulations on completing your When Life Gets Hard Survival Pack.

This pack is yours to return to whenever life feels overwhelming. You don't have to remember every coping strategy or solve every problem in one day.

Keep this pack somewhere safe. Read it whenever you need a reminder that you have already survived difficult days and that support is available.

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### My Promise to Myself

When life feels difficult, I will...

- ☐ Take one breath at a time.
- ☐ Be kind to myself.
- ☐ Follow my Survival Plan.
- ☐ Reach out for support if I need it.
- ☐ Remember that feelings change.
- ☐ Focus on one small step instead of the whole journey.
- ☐ Look after my basic needs.
- ☐ Hold on to hope.

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### My Personal Reminder

Write something you want your future self to remember.

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### My Survival Promise

"I may have difficult days, but I am not alone. I will remember that asking for help is a strength, that my feelings will not last forever, and that every small step I take is a step towards healing. I choose to keep going, one moment, one hour and one day at a time."

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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### Final Thoughts

Life will have difficult moments, but those moments do not define you.

There is hope, there is support and there are people who care.

Be patient with yourself. Celebrate every small victory, no matter how small it seems.

Whenever life feels too much, come back to this pack and remember:

You don't have to get through tomorrow today.

Just take the next small step.

Thank you for using this Survival Pack.

Explore more free support, workbooks, tools and wellbeing resources at:

 [safehavenconnect.org](https://safehavenconnect.org)

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 Supporting you through life's difficult moments—one step, one breath and one day at a time.