

Small Tools for Hard Days

Hey. I'm Eva.

I write for girls who are carrying more than anyone knows. Maybe that's you right now, and maybe it isn't. Either way, these pages are yours. Nothing to buy and nothing to sign up for.

They come from a bigger kit I made to go with my journal. I picked the ones that work on their own, for anyone, on any day.

If today is already bad, start with the next page. Otherwise, pick whichever page fits your day.

Take what helps. Leave the rest.

Eva



If Today Is Already Bad

Start here. Right now. Nothing else needed.

1

Put the phone face down.

Not away. Not off. Just face down, for the next four minutes.

2

Drink a full glass of water.

You're probably dehydrated. It's not a cure. It's just one thing that's true and fixable in the next 60 seconds.

3

Name it out loud. Just one sentence.

"I feel_____ and I think it's because_____." Say it to the room. Nobody has to hear it.

4

Change one physical thing.

Open a window. Turn on a lamp. Sit somewhere different. Put on a hoodie. Your body registers change before your brain catches up.

5

Now decide what happens next.

Not the whole night. Just the next twenty minutes. That's all you have to figure out right now.

And if it's more than a bad day — if it feels bigger than this page can hold — please tell someone today. Not tomorrow. A parent, a teacher, a school counselor, or one of the numbers on the last page.

That's not weakness. That's the bravest thing on this entire list.

Cut along the dotted line.
Keep it in your phone case.



THE 3-SECOND CHECK

Before you keep scrolling:

- 1 Is this her every day — or her best moment?
- 2 Would I want her whole life, or just this one photo?
- 3 What am I actually feeling, and why did this bring it up?

You are not behind.



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30 Free Things

For when you close the app and don't know what to do next. Every single one costs nothing.

Takes 5 minutes

- 1 Step outside. Just stand there.
- 2 Text one person something true.
- 3 Wash your face with cold water.
- 4 Stretch. Badly. It still counts.
- 5 Write one sentence in your journal.
- 6 Change your bedsheets.
- 7 Water a plant. Any plant.
- 8 Sit in a different room.
- 9 Look out the window for 3 minutes.
- 10 Make your bed.

Takes 30 minutes

- 11 Reorganize one drawer.
- 12 Take a shower with a full playlist.
- 13 Walk to the end of your street and back.
- 14 Sort your photos. Delete 50.
- 15 Learn one song's lyrics properly.
- 16 Cook or make something simple.
- 17 Clean out your old screenshots.
- 18 Read the first chapter of anything.
- 19 Call a grandparent or an aunt.
- 20 Draw something badly on purpose.

Takes longer, worth it

- 21 Rearrange your room's furniture.
- 22 Write a letter you'll never send.
- 23 Make a playlist for a mood you have.
- 24 Go through old photos with someone.
- 25 Teach yourself something on YouTube.
- 26 Walk somewhere new in your area.
- 27 Do a full clear-out of one shelf.
- 28 Write a list of everything you're good at.
Yes, everything.
- 29 Sit with someone and don't talk.
- 30 Sleep. Actually sleep. It's allowed.



Not one of these needs money. That was on purpose.

If These Pages Helped

Thank you for trying these pages.

If any of this helped, even one line,
I'm really glad.

Two last things.

IF YOU EVER NEED MORE THAN A PAGE

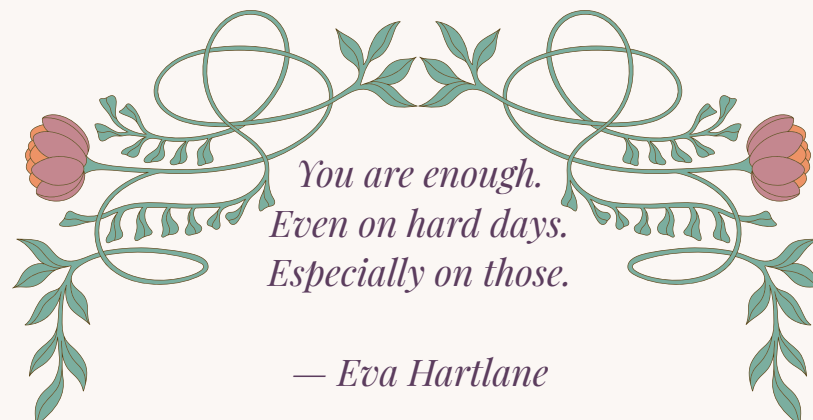
- *988 Suicide and Crisis Lifeline*
Call or text 988 (US) — 24/7, free
- *Crisis Text Line*
Text HOME to 741741 (US). UK: text SHOUT to 85258.
Canada: text CONNECT to 686868. Ireland: text HOME to 50808.
- *SAMHSA National Helpline*
1-800-662-4357 (US) — 24/7, free

*Asking for help is the same thing as showing
up for yourself. You've been practicing that
this whole time.*

IF YOU WANT THE WHOLE JOURNAL

These pages come from a longer kit that goes with my journal,
You Are Enough, Even on Hard Days: 90 days of short, honest
questions for girls dealing with comparison and the stuff
at home nobody talks about. Five minutes a day.

If you'd like it, turn to the last page. It shows you where to find it.

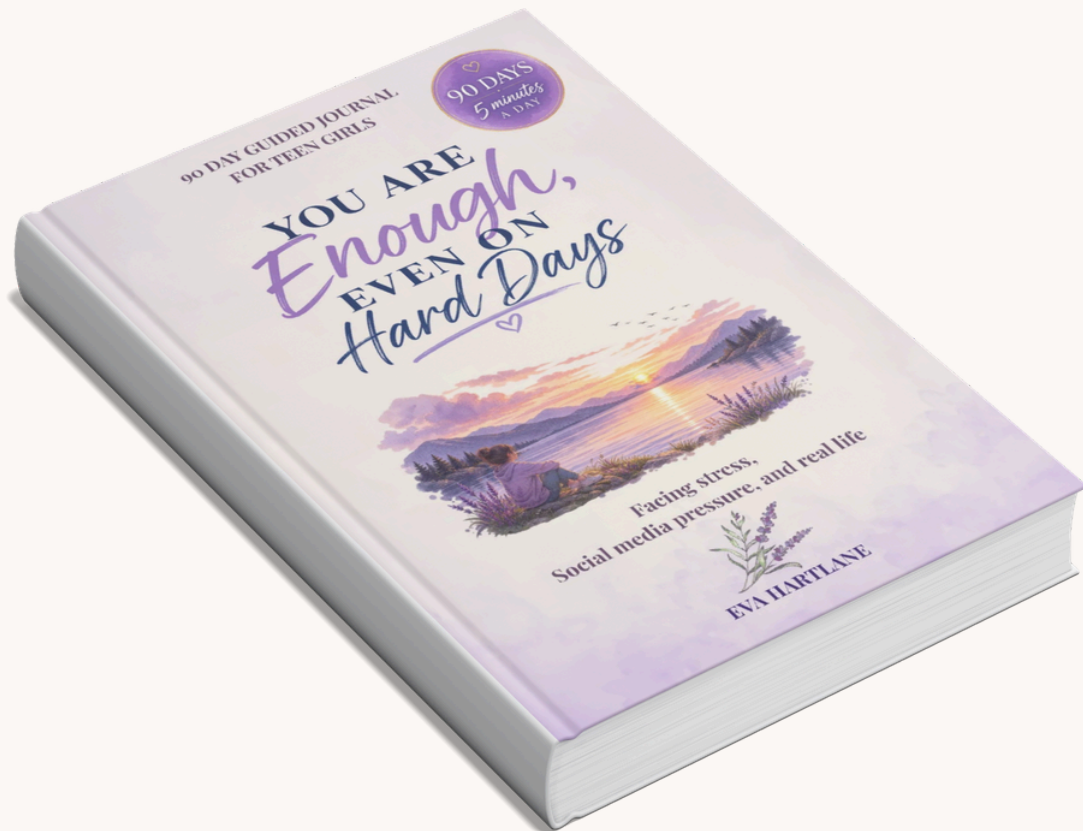


The Whole Journal

If these pages helped, the full journal has 90 days of them:

short, honest questions, five minutes a day.

It's on Amazon, so ask the adult who looks after you to take a look with you.



Scan to see it on Amazon

or tap here: amazon.com/dp/BoH79WGF99

