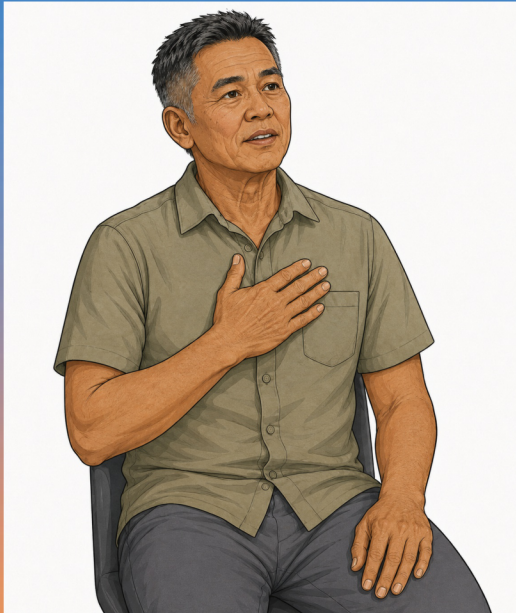


Motivation & Encouragement



Choose a Steadying Phrase

Choose a short phrase that feels supportive and realistic, such as, "I'm doing what I can right now," or "One small step is enough." Repeat it once or twice if it feels helpful.



Recognize Your Effort

Think of something you have already tried or managed today. The effort itself matters, even if things did not go as planned.



Make It Smaller

Choose one small part of what you are facing and focus only on that. Completing that part, or simply starting it, can be enough for now.



Give Yourself a Pause

Settle into a comfortable, supported position and take a short pause. Afterwards, decide whether you want to continue, change what you are doing, or stop for now.