A HE CALLED IT LOVE GUIDE

THE BAD DAY PROTOCOL

What to do when healing takes the day off.

"You don't have to feel better. You just have to get through the next hour."

— from He Called It Love

THIS IS FOR THE DAYS THAT DON'T COOPERATE

The ones where you cried in the car.
The ones where a song wrecked you in the grocery store.
The ones where none of your progress feels real.

Here's what to do instead of spiraling.

STEP ONE — STOP MEASURING TODAY AGAINST LAST WEEK

Healing isn't a straight line.
One bad day doesn't erase the good ones.

It's just today. Let it be just today.

STEP TWO — GET OUT OF YOUR HEAD AND INTO YOUR BODY

Put your hands under cold water.
Go outside for ten minutes, even in the cold.

Move something. Anything. Your brain follows your body faster than it follows your thoughts.

STEP THREE — TEXT ONE PERSON THE TRUTH

Not "I'm fine."

Just: "today is hard."

You don't need a whole conversation.

You just need one person to know.

STEP FOUR — CANCEL WHAT YOU CAN CANCEL

The errand can wait.

The reply can wait.

Protect the day instead of pushing through it.

STEP FIVE — DO ONE SMALL THING ON PURPOSE

Shower. Eat something real. Change the sheets.
Pick one. Just one.

Proof that you can still take care of yourself, even today.

STEP SIX — LOWER THE BAR TO THE FLOOR

You don't have to be productive today.
You don't have to be healed today.

You just have to get to tomorrow.

Bad days aren't proof you're failing. They're proof you're still in it. Still here counts.

-Sara from He Called It Love