

Updated by
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Everything is Awful and I'm Not Okay

Questions to Ask Before Giving Up

Are you hydrated?

If not, have a glass of water.

Have you eaten in the past three hours?

If not, get some food – something with protein, not just simple carbs. Cheese, nuts, hummus, yogurt?

Have you taken your meds today?

If not, please take them.

Have you showered in the past day?

If not, take a shower right now.

Have you moved your body in the past day?

If not, do so right now. Just take a trip around the block, then keep going as long as you want.

**You've made it this far,
and you will make it through.**
**You are stronger
than you think.**

No two people are the same; you are encouraged to customize this document to your own needs, abilities, and resources.

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Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them so.

Have you moved your body to music in the past day?

If not, bop around to an upbeat song. Then maybe another?

Have you cuddled a living being in the past two days?

If not, ask around. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

Have you felt this way before? What helped last time?

Have you waited a week?
Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something fun or special.

If nighttime: are you tired but resisting going to sleep?

Lie down and get cozy, put down your screen for a bit. Resting is good for you, even if you don't sleep (really! Mythbusters checked), so you're still taking care of yourself even if you aren't sleeping.

Do you feel unattractive?

Take a selfie. Then take ten more. Different angles, different faces, try a different outfit. Send your favorite one to a few of your favorite people.

Have you over-exerted yourself lately – physically, emotionally, socially, or intellectually?

That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in manufacturer?

That may be screwing with your head. Call or message a provider you trust to talk about how you are feeling and what might help.

Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or calling to make one appointment. Good job!

Do you feel paralyzed by indecision?

Give yourself ten minutes to figure out a game plan for the next few hours. If one decision or problem feels like a roadblock, skip it for now, and pick something else that seems doable. Right now, the important part is to break through that stuck feeling. Getting *anything* done is better than getting nothing done and being upset about it.