

The Day After

A Gentle Guide to Recovering After An Emotional Storm

What is an Emotional Hangover? After an overwhelming day filled with panic, deep sadness, anger, or fear, your body faces a major energy crash. If you feel completely exhausted, empty, or upset with yourself today, please know this is normal. Your body spent all its fuel dealing with a huge wave of stress yesterday. Today is not a day to fix things. It is simply a day for your body and mind to rest and heal.

1. Care For Your Body

Focus on basic physical comfort before trying to figure out why you got upset.

- **Rest Your Senses:** Turn off bright overhead lights. Swap loud television or music for absolute quiet, or a soft, steady sound like a fan or rain.
- **Add Warmth:** When coming down from heavy stress, your body often feels chilled. Wrap yourself in a heavy blanket, put a heating pad on your stomach, or sip a warm drink.
- **Sip Water and Snack Simply:** Big emotions burn through your body's energy very fast. Drink water or sports drinks, and eat small, easy snacks like toast or crackers to rebuild your glycogen.

One way I will comfort my body right now:

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2. Give Yourself Space

Protect your peace of mind while your energy is low.

- **Stop the Self-Blame:** Instead of asking yourself, "Why did I overreact?" speak to yourself kindly. Tell yourself: "Yesterday was too much for me. It makes sense that I am completely tired out today."
- **The 24-Hour Wait Rule:** Do not make major life decisions or start hard, heavy conversations today. When you are exhausted, problems can feel much bigger than they actually are.
- **Keep Texting Simple:** You do not owe anyone a long explanation right now. If people check in, you can say: "Yesterday was a really tough day. My energy is low, so I am taking it easy. I am safe."

A limit or boundary I need to set today:

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3. Stay In The Present

Use small, easy steps to pull your mind back to the safe, current moment.

- **Slow, Gentle Movement:** Avoid hard or heavy workouts. Instead, try simple stretches, let your neck drop forward slowly, or do a gently walk. Do not force your body to work hard.
- **Look Around the Room:** Sit comfortably and let your eyes move slowly around you. Find 3 ordinary items that are steady and calm (e.g., a lamp, a book, a plant). Remind yourself: "Right here, right now, I am okay."
- **Do Just One Small Thing:** Keep your schedule completely basic. Wash just one dish, fold just one shirt, or answer just one urgent text, then take a break.

One tiny chore or task I can do easily:

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