

Planning for a Difficult Morning

Mood and motivation | Adults | 10 to 15 minutes

Create a flexible morning plan that prioritizes essential needs.

Some mornings require a simpler plan. Choose a few actions that help you meet essential needs and begin the day at a realistic pace. This page is for reducing decisions, not proving productivity or pushing through illness.

Identify the essentials

Choose up to three basics that fit your circumstances, such as prescribed medication as directed, food or water, hygiene, childcare, or contacting work. Set out one item the night before if that helps. Include rest or assistance when needed.

Create a flexible version

For each action, name a smaller version and a source of support. "Make breakfast" might become "Eat a prepared snack." Decide what can wait. If symptoms or functioning have changed substantially, contact an appropriate health professional rather than assuming you only need a better routine.

My three essential needs for a difficult morning

The smallest workable version of each action

One preparation or support that can reduce the load

What can wait and when I will check how I am doing