

Low Energy Plan Builder

Use this page to create your go-to plan for days when you're low on energy or capacity. You don't need to do everything—just choose what feels manageable and supportive.

One thing I can eat or drink:

One way I can care for my body (basic hygiene or rest):

One environment shift that helps me feel safe (light, noise, space):

One item of clothing or object that brings comfort:

One person I can text (even just an emoji):

One reminder that helps me let go of guilt:

Part of the Practical DBT Survival Skills for Neurodivergent Minds Workbook