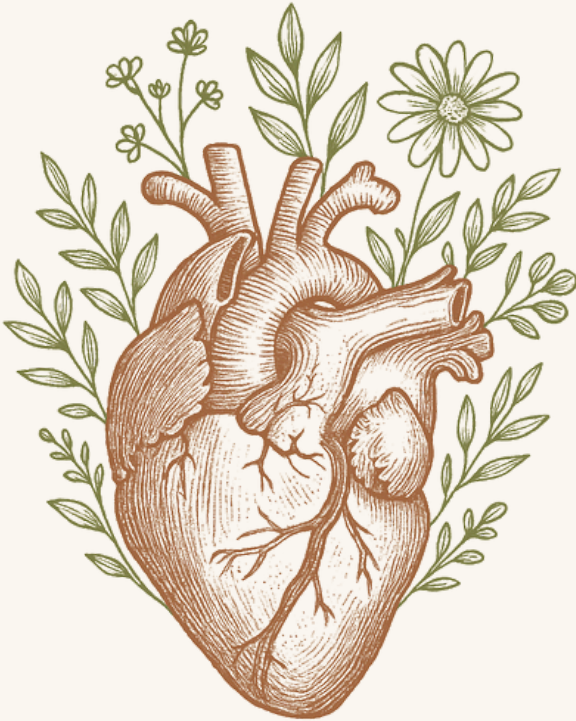


Emergency Encouragement

*for the moments you feel lost, heavy,
or too much*



Rooted Support Co. | Root. Regulate. Rise.



Dear Tender Heart,

If you're holding this right now, it's because something inside you needed it.


Maybe you're tired. Maybe you're sad. Maybe the weight you've been carrying finally asked to be set down.

Whatever it is - you're allowed to be here, exactly as you are. You're allowed to feel messy, complicated, angry, numb, overwhelmed, exhausted.

You don't have to be okay to be worthy. You don't have to hold it together to deserve kindness. You don't have to have a plan to move forward to be allowed to pause here.

This isn't a guide to "fix" you. This is a hand extended in the dark, whispering: "You're not alone. You're not failing. And this will not last forever."

Let's move through this together, one breath at a time.



Tiny Reminders for Heavy Days

You don't have to fix everything today.

You are allowed to rest without earning it.

Survival is enough for today.

Your worth is not measured by your productivity.

Big feelings don't make you broken.

Needing help does not make you a burden.

You are allowed to take up space, even when you're struggling.

You are still growing, even when it feels like standing still.

A 60-Second Grounding Pause



If it feels okay, you can try this right where you are. No need to change anything, just notice:

Feel the surface under you. The ground, the chair, the bed.

Notice one thing you can see around you.

Notice one thing you can touch.
Notice one thing you can hear, even faintly.

Notice the air moving in and out of your body.

Let your next exhale be just a little longer than your inhale.

You are here. You are still breathing.
You are still worthy.



Emergency Permission Slips

You are allowed to:

- ♥ Feel what you feel — even if it doesn't make sense yet.
- ♥ Rest before you're completely exhausted.
- ♥ Move slowly, even when the world is rushing.
- ♥ Set something down without picking something else up.
- ♥ Let grief, anger, or fear exist without explaining them.
- ♥ Not be "productive" today, and still be valuable.
- ♥ Hope quietly, even when it feels far away.
- ♥ Reach for support without guilt or apology.
- ♥ You are already enough. You are already deserving.

Tiny Wins That Matter

(Even When It Feels Like Nothing)

- ☐ Got out of bed (even if you got back in).
- ☐ Drank some water.
- ☐ Breathed through one heavy moment.
- ☐ Sent a text, opened a message, or asked for help.
- ☐ Ate something - even a snack.
- ☐ Took one deep breath on purpose.
- ☐ Moved your body a little - even just shifting your weight.
- ☐ Let yourself feel one small feeling instead of pushing it away.
- ☐ Gave yourself permission to rest.
- ☐ Showed up to today, in whatever way you could.
- ☐ Tiny movements count. Tiny survival matters. You matter.





Anchoring Words for Heavy Moments

If the world feels too loud, if your chest feels too heavy, you can whisper one of these:

- "I am allowed to move slowly."
- "This feeling will not last forever."
- "I am not failing. I am feeling."
- "I can come back to myself, one breath at a time."
- "Right now is not forever."
- "I am enough, even in pieces."
- "I am still here. I am still becoming."

Choose one. Hold it close. Let it be a thread back to yourself.



You Don't Have to Do This Alone

If you ever want a steadier hand beside you, Rooted Support Co. offers:

- Free body doubling sessions (Tuesdays & Saturdays)
- Quiet co-regulation circles (1st Sunday + 3rd Wednesday each month)
- Voxer-based emotional support
- Sliding scale and free options for one-on-one care

You can learn more or join a free session anytime here: www.rootedsupport.co

You're allowed to reach for support - even on the days you think you should "be fine."

Especially on those days.



If today feels heavy, if your chest feels tight, if your heart feels tired — you are still good. you are still growing.

There is no timeline for healing. There is no race you're falling behind in. You are allowed to move slowly. You are allowed to root before you rise. You have already survived so much — and you are allowed to be proud of that, even when it's messy. You are not too much. You are not alone.

Take this softness with you. Come back to it whenever you need.

There's always room here for you.

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