Energy and interest menu

A one-page menu of things that feel light, medium or bigger when you have the energy, so you can pick one instead of starting from a blank page. This is a planner, not a clinical tool.

NAME

DATE

MY MENU

Light (a few minutes, low effort)

Medium (about half an hour)

Bigger (when I have more in the tank)

Restores me (food, water, movement, people, quiet)

IF I HAVE 10 MINUTES I WILL PICK:

IF I FEEL STUCK I WILL PICK:

SOMEONE I CAN TEXT OR SIT WITH:

This is a planning page, not therapy, a diagnosis or a medical tool. If you want mental-health support, use campus services or our page on where to go, which links official help including 9-8-8.