

There are days when everything feels too loud, too bright and too much effort. When your body needs a rest and your nervous system just wants to be wrapped in something warm and safe.

This calming journaling exercise is an invitation to tend to the part of you that's tired, recovering and doing its best with the energy it has.

You don't need to feel *better* and you don't need to push through. Come as you are and bring a pen, paper and some self-compassion.

Comfort Inventory

Start by listing the things that bring your body and mind a sense of comfort. Focus on sensory details and group your list into the following categories:

- Sounds that soothe me
- Textures that calm me
- Flavours that feel familiar
- Rituals that restore me (like making a cup of tea or lighting a scented candle)

Your Imaginary Shroud

Now imagine wrapping yourself in a shawl, blanket or cloak made of these things. Let it be magical, symbolic or wildly impractical; whatever your inner world needs.

Reflect on these questions:

- What does it look like?
- What colours/textures does it have?
- What does it protect you from?
- What name would you give it?

You can draw it, describe it or write a short letter to it:

"Thank you for holding me when I can't hold anything else."