

I know what those first days feel like—the shock, the confusion, the heartbreak that makes every breath heavy. I remember thinking, ‘How do I even make it through today?’ This checklist is my way of holding your hand through the first week, giving you small, simple steps to get through each day when everything feels impossible.

– Jenny, Momma Drama & Trauma

DAY-BY-DAY CHECKLIST

Day 1 – Breathe & Ground Yourself

- Drink a glass of water before coffee.
- Step outside for fresh air for at least 5 minutes.
- Write down one sentence: “I am still here, and I will get through this.”

Day 2 – Create a Safe Space

- Choose one corner of your home that feels calm.
- Light a candle or turn on soft music.
- Remind yourself: “I am safe in this moment.”

Day 3 – Lean on Support

- Send one text to someone you trust: “I need you today.”
- Let yourself cry, scream, or vent without apology.
- Remember: You do not have to be “okay” right now.

Day 4 – Nourish Your Body

- Eat something with protein, even if your appetite is gone.
- Take a shower or bath, even if you don’t feel like it.
- Say this out loud: “My body deserves kindness.”

Day 5 – Protect Your Peace

- Turn your phone on Do Not Disturb for 1 hour.

- Avoid re-reading painful messages or social media stalking.
- Write a boundary: “Today, I will not let their actions control my peace.”

Day 6 – Find a Small Joy

- Go for a short walk or drive with your favorite music.
- Watch a lighthearted movie or show.
- Write down one thing that made you smile today.

Day 7 – Look Forward (Just a Little)

- Write one thing you hope for tomorrow (big or small).
- Take 10 deep breaths before bed.
- Tell yourself: “This pain is part of my story, but it is not the end of me.”

☀️ Talk to someone, anyone who feels safe every single day.

You are strong. You are worthy. Your story matters. – Jenny | Momma Drama & Trauma ❤️