

CORE

FREE / 4 PAGES

FIELD GUIDE 04

# THE LOW-ENERGY DAY PLAN

A Compassionate Structure for Depression, Shutdown and Hard Mornings

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You do not need a perfect day. You need the next possible move.

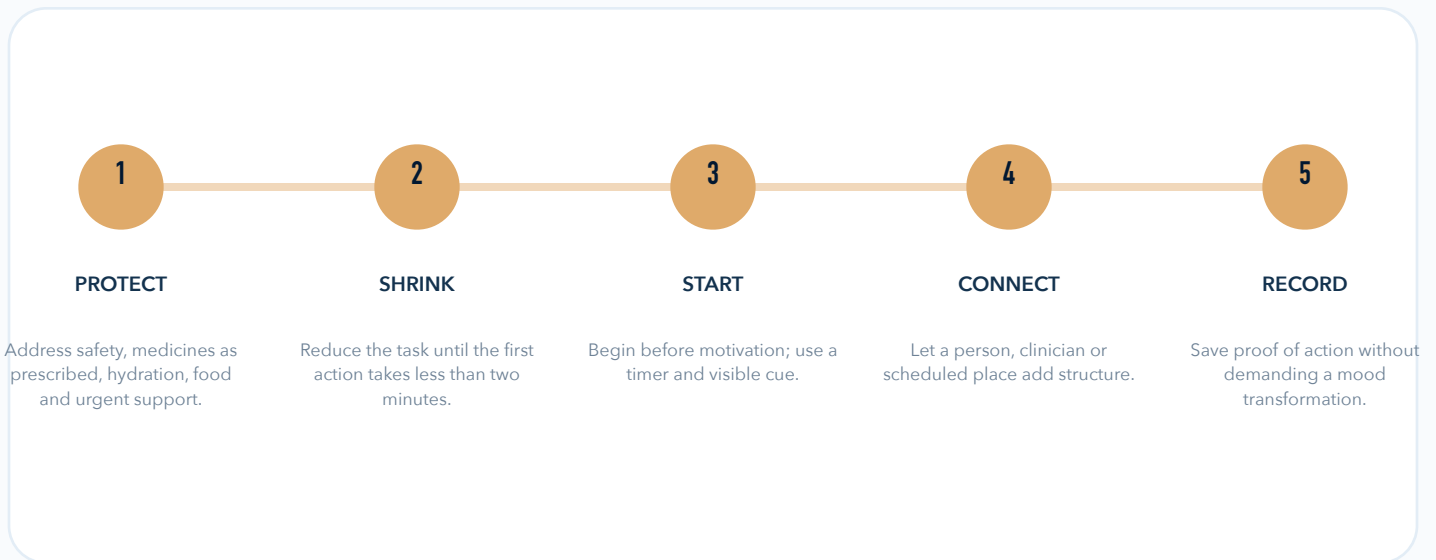
## THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

## 01 / UNDERSTAND THE PATTERN

# MAKE THE DAY SMALLER, NOT YOURSELF

Depression and shutdown can make ordinary actions feel impossibly expensive. This workbook uses compassionate structure: lower the starting cost, choose the next visible action and bring in treatment and support instead of waiting to feel motivated.



## WHAT THIS CORE EDITION HELPS YOU DO

## ● CORE OUTCOME 01

**Create a minimum viable day.**

## ● CORE OUTCOME 02

**Use activity scheduling without self-punishment.**

## ● CORE OUTCOME 03

**Build morning, food, hygiene and contact anchors.**

## ● CORE OUTCOME 04

**Know when clinical or crisis help is essential.**

## 02 / USE THE ACTION CARD

# THE NEXT POSSIBLE MOVE CARD

1

**PROTECT**

Am I safe? If not, use crisis or emergency help.

2

**BODY**

Water, food or prescribed medicine as directed.

3

**LIGHT**

Curtain, window, doorway or brief safe outside step.

4

**CONTACT**

Send: 'Today is a \_\_/10 day. Can you \_\_?'

5

**SHRINK**

Do the first two-minute edge only.

**WRITE THE FIRST REAL STEP**

The next possible move is...

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## 03 / CHECK IN + CHOOSE THE NEXT LEVEL

# CORE CHECK-IN

● The pattern I noticed is...

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● The smallest safer or more useful move is...

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● The person, place, or support that helps is...

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## SCOPE + SAFETY

This workbook is not a diagnosis or treatment plan. Depression can be serious and may require psychotherapy, medication, medical assessment or other care. Persistent symptoms deserve professional support.

## CORE OR EXTENDED?

CORE / FREE

### THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

### THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: NIMH / BEHAVIOURAL ACTIVATION RESEARCH / EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-the-low-energy-day-plan-depression-shutdown-and-hard-mornings-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

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