

The Next Kind Thing

A practice for choosing care when the whole day feels too large.



When we are overwhelmed, even helpful advice can become another weight.

There are too many things to fix.

Too many decisions.

Too much distance between where we are and where we think we should be.

This practice makes the horizon smaller.

It asks for one kind thing next.

Before You Begin

Do not choose the most productive thing.

Do not choose what will impress anyone.

Choose what would reduce harm, pressure, or depletion in the next few minutes.



Name the Moment

Say what is true without enlarging it.

I am overwhelmed.

I am tired.

I am hurt.

I do not know what to do next.

One honest sentence is enough.

This is the moment I am in.



Offer Three Possibilities

Name three small acts of care.

Drink water.

Sit down.

Send one honest message.

Step outside.

Turn off one source of noise.

Ask for ten minutes.

Keep them small enough to do.

Care can be simple.



Choose Only One

Pick the kindest useful option.

Do it before making another list.

When it is complete, pause again.

You are not required to solve the rest of the day from here.

One kind thing is enough for now.



Carry It with You

The next kind thing may not be the final answer.

It can still change the direction of the moment.

Use this when you are frozen, ashamed, exhausted, or tempted to demand an entire recovery from yourself at once.

Name the moment.

Offer options.

Choose one kind thing.