

On the Days You Can't Get Out of Bed

Practical, honest strategies
for managing emotional lows
during job transitions.



How to Conquer the Days When Getting Out of Bed Feels Impossible

Let's get real.

Some days, it's not merely challenging—it feels utterly unachievable. Rising from bed can feel like pulling yourself through thick, heavy mud. Hope seems distant and unfamiliar. And the idea of “planning your future” seems amusing when you can't even decide what to have for breakfast.

You are not alone.
And you're not defeated.

You're experiencing a profound sense of exhaustion—emotionally, physically, spiritually. That doesn't mean you lack drive. That's not a sign of defeat. It signifies that you're shouldering a significant burden, and both your body and spirit are urging you to take a moment to rest and rejuvenate.

Let me show you the way.

1. Begin Right at This Moment—Truly

Don't just aim for a positive mindset. Focus on taking one step at a time; you don't have to conquer the entire mountain in a single day.

Take that one bold step:

- * Rise. * Place your feet firmly on the ground.
- * Hydrate yourself with a refreshing glass of water.
- * Open a window. * Take five deep breaths.

That's it! These are not just simple tricks for accomplishing tasks. They're essential supports. Messages to your nervous system affirming your presence and encouraging you to continue pushing forward. Keep pushing forward.

2. Identify the Pain

Be honest with yourself about how you truly feel.
Instead, consider jotting down or softly expressing what weighs on your mind:

- * “I believe I have so much to offer.”
- * “I fear that I may not be the choice for employers.”
- * “I feel lost and uncertain about my identity.”

Declare it. Embrace it. Allow it to flourish. Confronting pain brings it to the surface. Identifying it opens the door to recovery.

3. Confront the Unseen Narratives

Your mind may be spinning harsh stories:

“You could be so much more advanced at this point.”

“No one is looking for someone at your stage.”

“You missed an opportunity.”

However, these are **scripts**, not facts.

Let me share some incredible insights:

* Your experience holds immense worth. * The world continues to seek the knowledge you possess. * Reinvention is a fundamental part of being human.

Instead of asking, “What can I improve about myself?” * consider inquiring, “What is my current calling?” *

4. Transform the Concept of Value

You might not be showing up on the timecard. You might not hold a title. But that doesn’t mean you don’t have incredible value.

Utility can manifest as:

* Assisting another in feeling acknowledged * Imparting wisdom to the next generation * Practicing self-compassion to empower your future self * Engaging in writing, repairing, learning, and healing—even in minor steps

You continue to make a valuable contribution. Impactful. Brimming with potential waiting to be unleashed.

5. Create a Detailed Action Plan

Don’t strive for “success.” Strive for progress.

Here’s an example of what a micro-plan could resemble:

* Brush your teeth to shine bright * Reach out to one person and make a connection * Explore an article about a job that piques your interest. * Take a moment to stretch for 5 minutes. * Compile a list of your skills and strengths

Feel free to tackle these tasks in any sequence you prefer. Make a choice: add or subtract. But ensure it's achievable. So, rise and shine to do it all over again tomorrow!

6. Seek Assistance—Even If It Feels Uncomfortable

Seeking assistance is a sign of strength.

Support is the key to success.

Share with a friend: “I’m facing some tough times.” Would you mind reaching out to see how I’m doing?
Reach out to someone you trust and say, “Can we talk?” I’m ready for a fresh start.
Connect with a coach, mentor, or support group.

You are not meant to struggle through life by yourself. Community is essential—it’s life itself.

7. Understand That This Moment Is Just a Step

This sensation? This feeling of being stuck? It exists, but it won't last forever.

You’ve conquered challenges in the past. You will rise once more.
This moment is a stepping stone in the journey of renewal—not the conclusion.

There’s no need to strive for a return to what was once considered “normal.” You don’t have to “dominate.” Keep your focus on the journey ahead.

The moment of transformation is just around the corner.
And when it happens, you’ll emerge stronger, more profound, and more prepared than you ever dreamed possible.

Today, you simply need to embrace your journey. You must genuinely care.

That by itself is more than sufficient.