Build Your Low-Spoon Kit

Pack what helps now, so you don't have to think when there's nothing left.

Bring your Low-Demand Regulation Menu. Fill each part of the kit with things that cost zero or one spoon. Then decide where the kit lives and when you'll reach for it.

MY LOW-SPOON KIT

Things to hold
comfort you can touch

e.g. earplugs, a fidget, a soft scarf, a snack you like

Things to see & hear
screens and sounds that soothe

e.g. a playlist, a comfort show, a nature video

People
who helps, and how to reach them

e.g. a friend: "low battery, can you sit with me?"

Words
what I tell myself

e.g. "This is protection, not failure. Less input first."

My kit lives: _____

I'll reach for it when I notice: _____

A text I can send without thinking: _____

Use zero- and one-spoon options for the kit. If something stops helping, swap it out. If you're in crisis or thinking about ending your life, please reach out now: in the US, call or text **988**; elsewhere, contact your local emergency or crisis line.