

THE BAD DAY BOOK

Made by L.B. Lee

I BELONG TO:

CONTENTS

WHO DO I CALL?

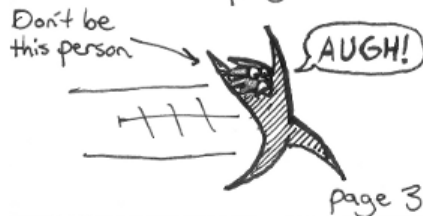
see pages 4&5

WHERE DO I GO?

see page 6

WHAT DO I DO?

see page 7



WHO DO I CALL?

General (for USA)

911: for fire, police, etc.
(Note: not best for suicide crisis.)

1-800-SUICIDE

links to nearest crisis hotline.

1-800-999-9999

crisis intervention, referral, and info services for troubled youth.

1-800-850-8078

The Trevor Project, for LGB youth pg. 4

Specific (to you)

List some people you feel safe calling. (Family, friends, counselor...)

page 5

WHERE TO GO

The nearest shelter to me is:

The nearest crisis center to me is:

Other places I feel safe are:

page 6

WHAT TO DO

- Take a deep breath. Panic helps nothing. You can survive this.
- Get to a safe place as soon as possible (see pg. 6)
- If there's nothing you can do right now, list (preferably healthy) things to do to stay calm & sane:

page 7

ABOUT ZINE

This one-page zine is intended for when you're in crisis. Fill out as much as you can on a good day, then keep it in your wallet for when you need it.

This zine is not a replacement for a support system or a thorough crisis plan. It is only meant to be a quick and dirty resource when you're not thinking clearly.

We hope you never need this zine. If you do, we hope it serves you well!

All phone #'s are current as of July 20th, 2012.

page 2

REMEMBER

This too shall pass. Hang on, and please, take care of yourself!



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EAT THIS SANDWICH!



A pocket zine for people with eating disorders & restriction urges

By LB Lee

ABOUT ZINE

A restriction urge is a mental compulsion not to eat. Lots of people have them. They are nothing to be ashamed of, but they can be dangerous. Fill this zine out on a good day then keep it in your wallet for a bad one.

This zine is not a replacement for a support system or treatment plan. It's just a quick-and-dirty resource, which we hope you never need. If you do, may it serve you well.

—LB

TRICKS...

Distract: watch TV, read, or talk to a friend or pet while you eat. Or listen to music!

Party!: make your meal fancier with candles or a treat, just to spite your eating disorder.

Team up: if eating alone makes it worse, have meals with friends, clubs, churches, etc.

...CONT.

Heroes: imagine someone you look up to—real or fictional. What would they do, or want you to do?

List ideas of your own!

FIGHTING THOUGHTS

"I'm not hungry." Your hunger cues are not reliable right now.

"I didn't earn it." Food is for all living beings. It is for you too.

"I can't decide what to eat."

Go back a page and pick an easy food from your list.

"I'm too tired." Lack of nutrients can cause fatigue. Eat something quick, then sleep.

"I'm eating bad foods!" Foods are not morals. Food is fuel, which you need.

Having trouble fighting your thoughts? List some folks who can get you out of your head.

PREPARATION

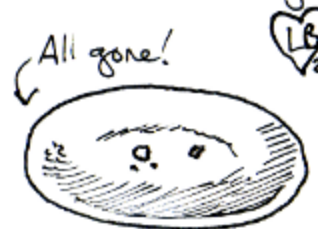
Food shopping can be tough. Ask an understanding friend who knows your taste to come with you, or shop for you.

Name some foods that are easier to make and eat:

Try to always have these

REMEMBER

You are the only you there is. Please, take care of yourself!



LB 2/22 2014

This zine draws heavily from Having Restriction Urges? don't want to eat? by Unknown, which has disappeared off the web.

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etsy.com/shop/MadComics

FEELING WORTHLESS?



By L.B. Lee

Want to hurt yourself?

Don't do it. You deserve and need loving care, not pain.

Write yourself a helpful message:

Emergency Call

Who can you talk to to get out of your head?

• _____

• _____

• _____

NEGATIVE SELF-TALK

"I don't deserve kindness."
Everyone deserves kindness.

"I burden everyone around me."
The people who love you want to see you happy and safe. Trust them to enforce boundaries.

"Nothing I do is ever good enough."

See next page →

LIST SOME OF YOUR GREATEST ACHIEVEMENTS

1 _____

2 _____

3 _____

These are good things! They're worthy of pride! Good job!

DBT SKILLS... CONTINUED

Self-Soothe: have a mug of tea, warm bath, etc.

Distract: play music, have a brisk workout, read a book, write your own: _____

Comparison: what are you grateful for? Check in with that: _____

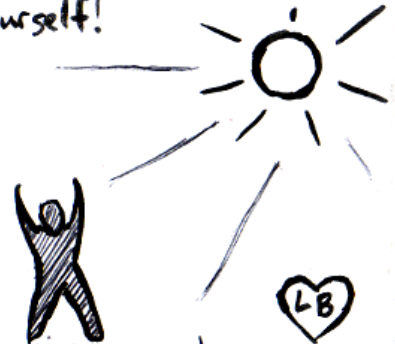
Opposite Action: be extra kind to yourself, just to be contrary.

Mindfulness: draw your mind to this present moment, focus on the environment around you, not what's in your head.

Pros/Cons: is feeling like crap actually improving anything? Really? Make a list of the goods and bads of it.

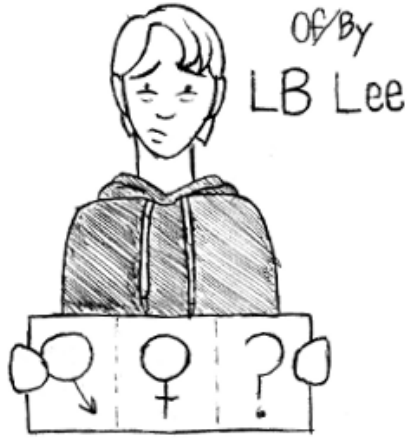
REMEMBER

You are the only you there is. Please, take care of yourself!



This ~~zine~~ ^{zine} was made 7/2/2012, at Arbor HRI's Triangle Program. healthymultiplicity.com loonybrain@healthymultiplicity.com

GENDER EVOLUTION



1993



1997



1998



1999



2002



2006



2010

