



FOR THE HARDER DAYS

The Soft Landing Kit

A few gentle things to hold onto when your body feels like a lot
to carry today.

From The Lymphie Sanctuary · thelymphiesanctuary.com

Before anything else

You are allowed to have a hard day
without justifying it to anyone.

Not even yourself.

"Your body is not broken. It is working incredibly hard, every single day, at something most people never have to think about."

Permission slips

Tear one off, mentally, whenever you need it today.

You are allowed to rest today, even if you rested yesterday too.

You are allowed to say "not today" without a full explanation.

You are allowed to feel frustrated with your body and still love it.

You are allowed to ask for help before you're desperate for it.

You are allowed to take up space, compression garment and all.

A small grounding moment

Not medical advice — just a gentle pause, for whenever things feel like a lot.

1. Notice. Where are you right now? What can you see, hear, and feel beneath you?

2. Breathe. One slow breath in. A slower breath out. That's it. That's the whole step.

3. Say it, even just in your head. "I'm doing the best I can with what today is asking of me."

On the days you feel alone in this

You're not. There are people all over the world today who are also quietly adjusting a compression sleeve, also quietly deciding whether to mention it at work, also quietly proud of themselves for getting through an ordinary Tuesday.

You don't have to be inspiring today. You just have to be here. That's already enough.

If it ever helps to track how your body is doing — not to fix it, just to see it clearly — The Lymphie Sanctuary is there whenever you want it. No pressure. No streaks. Just yours.

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