



# Chronically Cozy

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THE LIBRARY COLLECTION

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VOLUME ONE



# Flare Day Checklist

*A Gentle Guide for the Hard Days*



*“A place to learn. A place to rest. A place to belong.”*

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Published by *Chronically Cozy*





# Welcome Home

*Dear Friend,*

If you're reading this today, I'm sorry you're having a hard day.

Living with fibromyalgia means some days even the smallest tasks can feel overwhelming. On those days, it's easy to feel frustrated, discouraged, or guilty for needing to slow down.


**This little book isn't another list of things you have to accomplish. It's simply a gentle companion to help you care for yourself one small step at a time.**

Take what helps.  
Leave what doesn't.  
Come back whenever you need.

And above all...

You are not lazy.  
You are not failing.  
You are doing the best you can.

**Welcome home.**

*With love,*  
Josie Lynn 



# Flare Day Checklist

*You don't have to complete every item. Choose what helps you today.*



## Settle In

*Begin with grace.*

- I gave myself permission to slow down.
- I reminded myself this flare won't last forever.
- I took a few slow, deep breaths.
- I chose grace instead of guilt.
- I made myself comfortable.

## Care for Your Body

*Small acts of care matter.*

- I took my medications.
- I drank some water.
- I ate something nourishing.
- I used heat or another comfort measure.
- I changed into comfortable clothes.
- I rested when my body asked me to.



# Flare Day Checklist

*Continue your gentle journey...*



## Clear the Cobwebs

*Brain fog is a symptom, not a failure.*

- I wrote down anything important.
- I focused on one thing at a time.
- I used reminders if I needed them.
- I postponed anything that could wait.

## Comfort Your Heart

*Care for your soul, too.*

- I listened to comforting music.
- I read something encouraging.
- I enjoyed a cozy hobby.
- I spent time with someone (or something!) that brings me comfort.
- I celebrated one small victory today.



# Flare Day Checklist

*Even the smallest act of self-care  
matters.*



## Rest in Hope

*You are never alone.*

- I spent a few moments in prayer.
- I remembered that my worth isn't measured by productivity.
- I thanked God for one blessing today.

## Prepare for Tomorrow

*Leave a gift for your future self.*

- I filled my water bottle.
- I took my evening medications.
- I set out tomorrow's essentials.
- I reminded myself that tomorrow is a new day.



# Today's Cozy Corner

*Take a moment to reflect with kindness. There are no right or wrong answers.*




 **One thing that brought me comfort today...**

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 **One thing I'm thankful for...**

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 **A prayer from my heart...**

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 **One gentle hope for tomorrow...**

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# Until Next Time

If all you did today was survive...  
that is enough.

Some days we bloom.  
Some days we simply put down roots and wait for the sun  
to return.

Either way...  
you belong here.  
Thank you for spending a little time in The Library today.

I hope this book reminded you to offer yourself the same  
grace and compassion that you so freely give to others.

Please return this book to the shelf...

...or better yet, keep it close and come back whenever you need it.  
The Library is always open, and you'll always be welcome here.

*Until next time,*  
Josie Lynn

*Every volume in The Library Collection is created with love,  
faith, and the hope that you'll always find comfort here.*