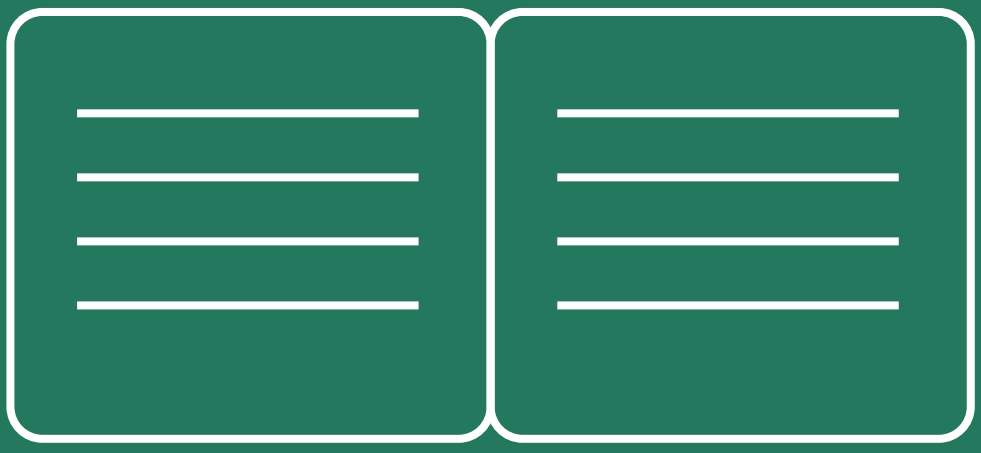
BOOKCHOWK / PRACTICAL MINI BOOKS

My Practical Support Circle

Organise everyday help during a demanding week or recovery period



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10 focused pages + editable companion | 29 October 2026

One useful result

Organise everyday help during a demanding week or recovery period. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Name practical needs

2. Ask before assigning

3. Make the handoff workable

4. Review capacity and say thanks

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

A practical organisation aid, not medical advice or a care plan. Follow professional instructions. It must not delay urgent help or replace appropriate paid or clinical support.

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Name practical needs

When a week is difficult, a broad offer of help can be hard to use. List concrete everyday tasks such as collecting groceries, arranging transport or preparing a simple meal. Distinguish essential tasks from those that can wait. This workbook organises practical support; it does not assess symptoms, prescribe care or replace professional advice. If you need urgent care, do not wait to finish a plan.

Worked example

A person preparing for a planned appointment lists transport, childcare and a grocery collection. “Help with everything” becomes three tasks that different people can consider. Medical decisions remain with the appropriate qualified professionals and the person receiving care.

Try it now

Write five practical needs for a fictional demanding week. Mark essential, useful or can wait.

NOTICE → CHOOSE → TRY → REVIEW