Five everyday cycles

Much of what looks like a fixed trait follows a rhythm. Notice the cycle and you often find something you can adjust.

1. ## The body clock

   Sleep, alertness and appetite follow a roughly 24-hour rhythm set mostly by light. Irregular sleep and late screens push it around; attention and mood often follow. Try: steady wake time, morning light.

2. ## Stress and recovery

   Alarm, effort, recovery. The first two happen on their own; recovery usually has to be planned (rest, movement, food, company).

3. ## The life of an emotion

   It rises, peaks and settles. Name it early, wait out the peak, talk it through afterwards.

4. ## Habit loops

   Cue, action, outcome. Change the cue or the outcome and the behaviour often changes with it.

5. ## The lifespan

   Childhood, adolescence, adulthood and later life bring different demands; the same difficulty can look different at 8, 28 and 80.

Seven-day rhythm record

Day	Slept – woke	Energy (1–5)	Most demanding moment	What helped me recover
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

At the end of the week, look for patterns in time, place and people — not for labels.

For noticing, not diagnosing. If sleep, mood or energy have been difficult for weeks and are affecting daily life, talk to a doctor or another qualified professional.