

SELF-CARE ACTION PLANNER

It's important to actively prioritise wellbeing and make it a part of your every day life as a way of preventing things from from boiling over and becoming too much, before it's too late.

We have provided an example page for you to use as inspiration for your own weekly self-care planner. The following 3 pages are blank. Fill these in on a Sunday evening for the following week to form your own self-care plan to help form sustained habits. Try to think of self-care actions you can do at home and in your place of work or study so that looking after yourself and prioritising your wellbeing becomes part of your daily routine no matter where you are.

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MONDAY

Write a to-do list.

List all the things you need to do this week and prioritise them. Is there somebody who can help out with anything?

TUESDAY

Turn to nature.

Put down your phone, go outside and take note of nature around you. What can you see, hear and smell?

WEDNESDAY

Cook something.

Prepare a healthy dinner and make a bigger batch that will last you the whole week.

THURSDAY

Say thank you.

Write down three things that you're proud of, acknowledge them and thank yourself.

FRIDAY

Laugh.

Whether it's watching your favourite sitcom or calling a friend, engage in an activity that makes you laugh until your belly hurts.

SATURDAY

Fix something.

It could be changing a lightbulb or repotting a plant, fix something that you have been putting off.

SUNDAY

Check out.

Leave your phone in another room, have a long bath or shower, pull out a book you've been meaning to read and relax.

HOW TO USE THIS PLANNER

Make a conscious effort to do one small positive thing for yourself every day. By actively prioritising self-care now, you are investing in sustained wellbeing for your future.

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