

SELF CARE PLAN

Read a novel
Play the piano
Go for a bike ride
Do some craft
Paint a picture
Have a bath
Visit a friend
Bake something
Brush your hair
Do a face mask
Walk the dog
Eat some fruit
Listen to some music
Dance
Do a guided meditation
Do a sudoku or word puzzle
Do an exercise class (online if necessary)
Give yourself a pedicure or manicure
Read a magazine
Go to bed early
Make a fruit smoothie
Have a coffee date with a friend
Pray
Journal
Play a board game
Organise your digital photos
Keep a gratitude journal
Visit your favourite ice cream shop
Go for a bike ride
Listen to a podcast



Go to the movies
Prepare a healthy meal
Play frisbee
Learn a new skill
Phone a friend
Write some positive affirmations
Turn your phone off
Get some sunshine (wear sunscreen)
Have a good laugh
Enjoy some alone time
Do a jigsaw
Go for a swim
Take a nap
Do yoga
Go roller or ice skating
Cuddle a cat
Pat a dog
Go skateboarding
Light a candle
Use some essential oils
Sing
Do some colouring in
Put fresh sheets on your bed
Sort through your wardrobe
Play a video game
Write a song or a poem
Visit a park
Swing on a swing
Watch the clouds
Join a community exercise class



SELF CARE PLAN

This week to care for my body I am going to:



This week to care for my mind I am going to:



This week to care for my emotions I am going to:



This week to care for my spirit I am going to:



This week to care for relationships I am going to:



This week to care for my work/study life I am going to:

