

Developing your everyday self-care plan

1. List your self-care interests or activities you want to do

You will need some time by yourself (make it sooner rather than later), pen and paper, journal, or technology of your choice. Need inspiration, google self-care images. Make a random list of everything that comes to mind.



2. Pick one of your self-care activities

- Imagine yourself doing each self-care activity every day
- How does your **body** feel imagining yourself doing that activity each day?
- You may need to rate your activities, or follow your gut feeling to pick ONE activity to start off with

3. Add self-care into your everyday routine

Are you a morning person or an evening person?

Can you set your alarm earlier?

Can you remove something, a distraction like social media, reduce tv time?

Tip: change the screen time settings in your mobile phone. Go to settings > screen time > select the app you want to put a time limit on for yourself ie: facebook 😊

4. Attach your self-care to an activity you do every day

- I will before I have coffee in the morning
- After I brush my teeth, I willread my book
- Before I walk in the door I will