

How to make a self-care plan



Writing down a plan to reduce stress can help you stay healthy.

Especially during COVID.



Planning for a whole year will help you to make the time that you need to rest.



Plan a holiday once a year.



3 times a year take a few days off.

You could take a trip or stay home.



Get lots of sleep every night.



Do a **relaxing activity** at least 3 days a week.

Relaxing activities are slow and gentle.

Here are some ideas for relaxing activities.



Take a warm bath.



Spend time with friends.



Cook something for fun.



Walk.

Notice all the sounds and smells around you.



Swim.



Have a picnic.

Or just take a coffee to the park.



You can do anything that you love if it helps you feel calm.



Make sure you don't look at your phone.



Share your plan with someone to help keep you on track.

On the next page there is a blank plan that you can write on.

Reading it often will help you to stick to your plan.

My self-care plan for one year

Once a year

This is when I will have my holiday.	Date
This is where I will have my holiday.	
This is what I plan to do on my holiday.	

Three times a year

This is when I will take my first 3 day break.	Date
This is when I will take my next 3 day break.	Date
This is when I will take my last 3 day break.	Date

I will do one relaxing activity for **half an hour a day**.

These are some things I can do.



Adapted with permission from Australian Red Cross, 2021, Wellbeing Toolkit.