**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.

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