



Self-Care Plan

<p>Nutrition</p>	<p>Rest & Recovery</p>
<p>Movement</p>	<p>Emotional</p>

What might get in the way of your self-care plan?

How do you plan to identify and overcome this?

When you implement your plan, how will you feel?

Ideas:

<p style="text-align: center;">Nutrition</p> <p>Add fresh fruits and vegetables to each meal. Eat the rainbow. Plan meals for the day the night before. Make a meal plan for the week, shop for it and stick to it. Make fresh soup. Chop crudités to leave in the fridge to snack on.</p>	<p style="text-align: center;">Rest & Recovery</p> <p>Take a break from work during the day. Take a lunch break and have a walk. Sit quietly for 5 minutes with a cuppa. Practice a guided meditation. Get to bed on time.</p>
<p style="text-align: center;">Movement</p> <p>Start the day with some sort of exercise: A Walk, yoga, gentle stretching. Take breaks from your desk to walk and stretch. Try to incorporate 30 minutes exercise per day (if this is new for you start with 5-10 minutes and build up). Wear a step/activity tracker, try to 'beat' your previous week activity each week.</p>	<p style="text-align: center;">Emotional</p> <p>What are your hobbies? What can you include intentionally? Reading, gardening, visit the cinema. Call a friend. Play some music instead of the TV. Write a journal. Meditate.</p>