

## My Daily Self Care Planner

DAY	Things I want to do and intend to do! (Be specific with activities)				Did I do?		If not, WHY?	
	Morning	Afternoon	Evening		Yes	No	Good Reason	No Good reason
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

## Simple Self Care Plan

Identify helpful behaviours which help when you feel stressed and avoid behaviours which do not help (self-care tool provided by kind permission of Northern Health and Social Care Trust)

When I am feeling stressed or in a low mood I should try to:

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

When I am feeling stressed or in a low mood I should try NOT to:

- ✗ \_\_\_\_\_
- ✗ \_\_\_\_\_
- ✗ \_\_\_\_\_
- ✗ \_\_\_\_\_
- ✗ \_\_\_\_\_
- ✗ \_\_\_\_\_