

Your Easy Self-Care Action Plan



This simple action plan is easy to follow and you can put it to work today!

Awareness

Taking control of stress requires awareness. List what triggers your stress or overwhelm for you? What can you do to change this?

Example: Being interrupted when working

Alignment

What tasks have you taken on that do not align with your why, goals, values, future?

Example: Taking care of a friend's dog

Taking on tasks that do not align with you is basically a people pleasing practice. Sorry, but you need to pick tasks/projects that align with your interests, values, and goals.

Time to clean up your to do list!

Self-Care

Self-care is very important. Here is a short list of things you can do now to relax:

- Meditation / Prayer / Hypnotherapy
- Time with Family/Friends
- Exercise / Yoga / Walking
- Breathing Exercises
- Music / Dance
- Switch Things Up / Do Something Else for a While

See Full List on Page 4!

Taking a Break!

If you feel like you are going into a burnout/ stress mode, take a break! Taking a break will give your mind/body a rest. If you continue down the stress road you will run out of steam! Taking a break will recharge your mind and your body.

Some ideas:

- Switch it up! Do something else
- Schedule Break Times
- Break down large projects into bite sized pieces then reward yourself with a break
- Breaks don't have to be long - 5-10-15 minutes can do the trick/ Yoga

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List some daily practices under each day. As you complete these self love practices, mark them off.

Create a weekly plan too! List some larger tasks that you can do during this week. Check them off once completed!

List of Daily Practices

List 3 Things You Can Do Daily
(See Self Love List/Breaks)

- ☐ _____
- ☐ _____
- ☐ _____

List of Weekly Practices

List 5 Things You Can Do This Week
(See Self Love List/Breaks)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Take Lots of Breaks Daily!
Drink Lots of Water too!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Example

List of Daily Practices

List 3 Things You Can Do Daily
(See Self Love List)

- ☒ Morning Ritual
- ☒ Go for a Walk
- ☒ Music Dancing!

List of Weekly Practices

List 5 Things You Can Do This Week
(See Self Love List)

- ☒ Spend Time w/GF
- ☒ Go to Gym
- ☒ Book a Massage Appt
- ☒ Walk to Waterfront
- ☒ Read a Book

MONDAY

Morning Ritual
Took 5 Breaks Today
Danced / Went for Walk

TUESDAY

Morning Ritual
Took 7 Breaks Today
Went for Lunch / Went for Walk

WEDNESDAY

Walked to Waterfront /
Mediated
Danced / Did Yoga
Called GF

THURSDAY

Did some reading
Took Nice Bath
Book Spa time / Danced!

FRIDAY

Went to Gym then Waterfront!
Mediated
Took lots of breaks /
stretched!
Made Plans for Weekend

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50 Relaxation Ideas for You!

- | | |
|-----------------------------------|--------------------------|
| Aromatherapy | Mediation |
| Baking | Mindfulness practice |
| Bird Watching | Napping |
| Breathing exercises | Paint your nails |
| Colouring book | Play an Instrument |
| Cooking | Qi Gong |
| Create something artistic | Reading |
| Dancing | Reiki |
| DIY spa | Running |
| Do your hair | Sex |
| Do a Puzzle | Shower |
| Doodle or colour something | Singing |
| Eat a snack | Star gazing |
| EFT (Emotional Freedom Technique) | Stretching |
| Enjoy a beverage | Tai Chi |
| Face Yoga | Taking a bath |
| Gardening | Taking a shower |
| Gratitude practice | Talking to a friend |
| Gym | Time with a furry friend |
| Hiking | Time with family/friends |
| Hypnotherapy | Visualization |
| Journal | Walking |
| Knitting or crocheting | Watch funny video |
| Listen to a podcast | Yoga |

Remember: Implementing relaxation practices into your day, will change your life!

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