

# Weekly Self-Care Wellness Plan

DAY & PLAN	Relaxation	Cognitive Care	Emotional/ Spiritual Care	Physical Care	Connection
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SELF-CARE SUNDAY					

## *Weekly Self-Care Wellness Plan*

### Self-Care Strategies/Ideas do what feels best for you

Relaxation Practice	Cognitive Care	Emotional/Spiritual Care	Physical Self-Care	Connection
Deep breathing	Read a book that teaches you something new	Journaling	Yoga	Set up a ladies get together
Exercises		Gratitude lists	Cook and eat healthy whole foods	Make friend “dates”
Progressive muscle relaxation	Take a course	Spend time in nature	Physical exercise	Have dinner parties
Meditation	Puzzles	Read books on spirituality	“Sexy Time” with your partner (or self)	Set up a “date night” with your partner... could lead to “sexy time” with your partner ;);)
Stretching	Learn a new skill	Prayer/church	Meditation	
Body Scan	Learn a new video game	See a therapist	Walk, walk , walk	Call/Skype a Friend
Bath	Play chess	Have a meaningful conversation with a loved one	Dance party in your house	Send out real cards
Spa night at home	Listen to informative podcasts or youtube videos		Gardening	Join a book club
Burn essential oils				