



My Self-Care Plan

Taking care of myself is important for my overall wellbeing and happiness.

This plan will help me prioritise my self-care and make sure I'm giving myself the attention I deserve.

Choose 3 activities from the below list to commit to for the next 28 days or choose your own! After 28 days, evaluate your progress and make any necessary adjustments to your plan.

Mindfulness and relaxation techniques:

- Meditation - 10-20 minutes per day
- Deep breathing - 5-10 minutes several times a day
- Yoga - 20-30 minutes several times a week
- Progressive muscle relaxation - 10-15 minutes per day
- Guided imagery - 10-20 minutes per day
- Journaling - 10-15 minutes per day
- Walking in nature - 20-30 minutes per day
- Listening to calming music - 15-30 minutes per day
- Mindful eating - 10-15 minutes per meal
- Taking a warm bath or shower - 15-20 minutes per day

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Exercise and physical activity

- Swimming - 30 minutes 3-4 times a week
- Wheelchair basketball - 1-2 times a week
- Yoga (modified for physical ability) - 20-30 minutes 1-2 times a week
- Wheelchair racing - 1-2 times a week
- Dance classes (modified for physical ability) - 1-2 times a week
- Resistance band exercises - 20-30 minutes 2-3 times a week
- Seated aerobic exercises - 20-30 minutes 3-4 times a week
- Hand cycling - 20-30 minutes 2-3 times a week
- Rowing - 20-30 minutes 1-2 times a week
- Pilates (modified for physical ability) - 20-30 minutes 1-2 times a week

1. _____

2. _____

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Healthy eating habits:

- Eating more fruits and vegetables - 3-4 servings per day
- Meal planning - Once a week
- Preparing meals at home - 4-5 times a week
- Limiting processed foods - Once a day
- Eating lean protein (chicken, fish, tofu) - 1-2 servings per day
- Drinking plenty of water - 8-10 cups per day
- Eating smaller, more frequent meals - 4-5 times a day
- Trying new healthy recipes - Once a week
- Incorporating more whole grains - 1-2 servings per day
- Snacking on healthy options (nuts, fruit, veggies) - 1-2 times a day

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Sleep hygiene

- Establishing a regular sleep schedule - 7-9 hours of sleep per night
- Creating a relaxing sleep environment - Every night
- Limiting caffeine intake - Once a day or setting a 'caffeine curfew'
- Avoiding electronics before bedtime - 1 hour before bed
- Creating a bedtime routine - Every night
- Using a white noise machine or earplugs - Every night
- Keeping the bedroom cool and dark - Every night
- Avoiding naps during the day - Once a day
- Trying relaxation techniques before bedtime - 15-20 minutes per day
- Seeking medical help for sleep disorders if necessary - As needed

1. _____

2. _____

3. _____