Activity 6: Self-Care Schedule

The following is a form that you can use to plan and monitor your self-care activities. If you would like to use your own diary, we recommend that you buy a dedicated booklet or small notebook for that. Create a schedule of self-care activities that that you can complete over the next week. After you have completed the activity, check in and monitor with yourself in how you felt after. Did it make you feel more relaxed? Happy? Was it difficult to complete?

Day	Activity	How did you feel after?
Monday	Watching a favorite TV show	Relaxed and calmer
Tuesday	Going for a 30-minute walk with my husband in the park	
Wednesday	Reading a book before bed for an hour	
Thursday	Going for a 30-minute walk with my husband in the park	
Friday		
Saturday		
Sunday		