



Self-care plan

A self-care plan can be helpful if you're experiencing a difficult time and need to relax or refresh yourself. You can also use the activities if you need a break from work or revision.

Try to think of some things that you could do. Try to include some quick and easy ideas, as well as some more involved ones for when you want to take a day for yourself.

Here are some ideas to get you started:

- Buy an adult colouring book.
- Check out a library book on a subject you are interested in but have never taken the time to explore.
- If your living space is quiet, take a nice shower or bath with candles and some of your favourite music.
- Go for a walk in the park or get out of town for a day (if possible in your local area).

We're here. Isle Listen.

