



Self-care activity

Toolkit p16-17

First of all, list the activities you currently do, used to do, or would like to do in each category.

Secondly, identify the order of difficulty of these activities - you may want to break activities down into more manageable steps. For example, 'read one chapter of my book' instead of 'read a book'.

Thirdly, schedule in some of these plans, ensuring you have a balance of the three different types of activity in your week.

Week 1

Routine	Necessary	Enjoyable
Examples: Laundry	Taking the children to school	Read a book
Water the plants	Change the energy supplier	Go for a walk
Do a food shop	Pay a bill	Meet with a friend

It is important to note that you may not be able to do some of the activities that you used to do, or what you like to do, because of the costs attached. Try to consider what it was about the activity that you enjoyed and consider other cheaper (or free) activities which would provide the same value.