

# HEAD STRONG

# SELF-CARE PLANNER

DURING BUSY TIMES (SUCH AS EXAMS), SELF-CARE CAN FALL TO THE BOTTOM OF OUR TO-DO LISTS. USE THE SHEET BELOW TO THINK ABOUT SOME OF THE WAYS YOU COULD LOOK AFTER YOUR BODY THIS WEEK?

START SMALL- WHAT ARE LITTLE WAYS I CAN LOOK AFTER MYSELF EVERYDAY?

(THINK ABOUT DIET/ROUTINE/SLEEP)



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WHAT ARE THINGS THAT MAKE ME HAPPY AND FEEL LIKE MYSELF?

MAKE SURE YOU ARE SCHEDULING IN A FEW OF THESE EACH WEEK



WHAT WAYS CAN I RELAX OR TAKE A BREAK FROM REVISION?

(MUSIC/FILMS/PETS/READING/ART)



HOW CAN I MOVE MY BODY EACH WEEK TO GET SOME FRESH AIR AND EXERCISE?

(THIS DOESN'T HAVE TO BE RUNNING OR GYM TIME, IT COULD JUST BE TAKING A 10 MIN WALK TO GIVE YOURSELF A BREAK FROM STUDYING OR PERHAPS TRY SOME PILATES STRETCHING ON YOUTUBE)