

# Quick self-care plan

## Five ways to wellbeing plan

This resource will help you create your own self care action plan. Look at the actions below and tick the things that you would like to try to help protect and promote your wellbeing.

<p><b>CONNECT</b></p>	<p><b>My plan to connect more is:</b></p>
	<p> <input type="radio"/> Eat lunch with others  <input type="radio"/> Play with a pet  <input type="radio"/> Take part in regular team sport  <input type="radio"/> Make the effort to catch up with or call people  <input type="radio"/> Share a meal with family or friends  <input type="radio"/> Other .....                 </p>
<p><b>BE ACTIVE</b></p>	<p><b>My plan to be more active is:</b></p>
	<p> <input type="radio"/> Exercise moderately 3 times a week for 30 – 60 minutes each time  <input type="radio"/> Walk to the shops  <input type="radio"/> Get off the bus a stop earlier and walk  <input type="radio"/> Take the stairs instead of the lift  <input type="radio"/> Gardening  <input type="radio"/> Other .....                 </p>
<p><b>TAKE NOTICE</b></p>	<p><b>My plan to take more notice is:</b></p>
	<p> <input type="radio"/> Take time to slowly and mindfully prepare and enjoy a meal  <input type="radio"/> Go for a walk and pay attention to the sounds, sights and smells  <input type="radio"/> Make the effort to catch up with or call people  <input type="radio"/> Try a mindful breathing app e.g. smiling mind  <input type="radio"/> Practise yoga, meditation or tai-chi  <input type="radio"/> Other .....                 </p>
<p><b>KEEP LEARNING</b></p>	<p><b>My plan to keep learning is:</b></p>
	<p> <input type="radio"/> Set up a DIY project  <input type="radio"/> Learn a new language  <input type="radio"/> Start a new hobby  <input type="radio"/> Do a crossword or take up a new game  <input type="radio"/> Join a Men’s Shed  <input type="radio"/> Take part in a free seminar or course offered by the local library or community centre  <input type="radio"/> Other .....                 </p>
<p><b>GIVE BACK</b></p>	<p><b>My plan to give more is:</b></p>
	<p> <input type="radio"/> Participate in a community or team fundraiser  <input type="radio"/> Give your time and attention to someone who needs it  <input type="radio"/> Mentor someone  <input type="radio"/> Other .....                 </p>

