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THE SIMPLE SELF CARE DAILY PLANNER

*Let's map out your simple self care
journey together.*



THE SIMPLE SELF CARE APPROACH

At the core of my approach to self care is simplicity! And this isn't just to make things as easy as possible, (although it definitely does!) it's actually a research backed way of looking at it. Studies have shown us that even positive change is stressful for the nervous system and that anything more than two changes at a time is going to cause unwanted stress, making us less likely to engage and more likely to shut down and avoid. Studies have also shown that our mental energy reserve is not endless and once depleted, we can find having to make good choices for ourselves and exercising will power and persistence really hard, again making us more likely to give up, or avoid altogether.

If you are already overwhelmed due to anxiety or other mental health or wellness concerns, burned out from life, dealing with lots of emotions and coping with change or uncertainty, trying to engage in all the self care that we think we should is not going to work. Our energy reserve will be too low to cope with all the choices and to muster enough will power to be consistent, AND we will be asking too much change of ourselves at once. The answer to this is to use our energy reserves wisely and not overwhelm ourselves and INSTEAD getting intentional and meaningful with our self care always always, keeping it simple!



USING THE PLANNER

Before you start planning your self care, make sure you know what it is you are trying to achieve. For example are you looking to:

- feel more relaxed
- support energy levels
- reduce anxiety
- improve self esteem

Once you have established what you are trying to achieve you can then make sure that any act of self care you choose is MEANINGFUL to your overall goal. This is the time to drown out the noise of all the things you hear you SHOULD be doing and focus in on what you NEED to do because it makes sense for YOUR journey.

Then, start to choose one or two of those meaningful acts to do each day either in the morning, afternoon or evening. (top tip: I would repeat the same two acts of self care each day for a week to keep it simple and give myself a chance to see how they make me feel.)

Example: I am looking to feel more relaxed so I choose 5 minutes of guided breath work as my morning self care and 10 mins of yoga as my evening self care, every day this week - SIMPLE!



MORNING SELF
CARE

AFTERNOON SELF
CARE

EVENING SELF CARE

I AM GRATEFUL
FOR...

thankful

Daily Self Care:

: Get Meaningful

FEELINGS I AM
NOTICING TODAY:

KIND WORDS I CAN
TELL MYSELF
TODAY

Inspiration...

- Make my bed
- read for five minutes
- remember or set my boundaries
- stretch my body
- take my vitamins
- complete one task from my to do list
- take a 5 min screen break
- deep breathe for two mins
- slow down
- write down some of my thoughts
- stay hydrated
- plan a healthy meal

DAILY SELF CARE JOURNAL PROMPTS



Even if journaling isn't for you, you can use these prompts to reflect on, either privately in your own time or with someone you trust. If you love to journal, choose one of these to include each time and allow that to help you stay connected to checking in with and meeting your needs; the ultimate act of self care.

1. What small and simple act of self care have I given myself today?
 2. How does it feel for me when I practise my self care?
 3. What is one way that I have been able to meet my needs today?
 4. Is there one small step I can take to move a little closer to meeting my needs?
 5. What emotions have I noticed come up today? What might they be trying to tell me?
 6. How is my body feeling today? Is there something it needs from me?
 7. Is there anything I am struggling with at the moment? What is one thing I can do to support myself through it?
 8. Is there anything I know I need to let go of? What is one step I can take towards that?
 9. What is something simple I can do today to support my mental health?
 10. What is something simple I can do today to support my physical health?
 11. What is something simple I can do today to support my emotional health?
 12. What have I noticed makes me feel calm and peaceful?
 13. What have I noticed makes me feel out of control or overwhelmed?
 14. What people in my life make me feel safe and calm?
 15. Am I taking the time I need to recharge? If not, what is one small step I can take towards that today?
 16. What sensory experiences calm me down?
 17. How have I engaged with one or more of them today?
 18. What makes me feel grounded and present? Have I engaged with those things enough recently?
 19. What is one thing I can work on accepting about myself?
 20. What is my biggest tell tale sign that burn out or overwhelm could be on the way?
- Bonus: What is one boundary you can set for my wellbeing today?
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