

Planning your Week

WHY IS STRUCTURE AND ROUTINE IMPORTANT?

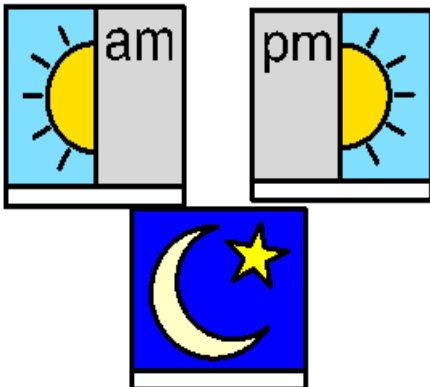
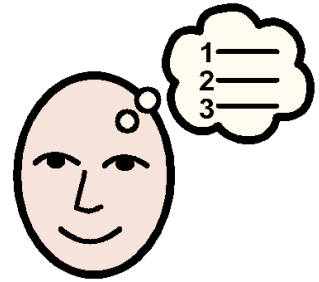
Having structure and routine to your day is good for your mental and physical health.

Your week should include a mix of productive, exercise, leisure, rest and self-care activities

It can help to set weekly goals

Think about what you would normally be doing

Can you still do any of these things?



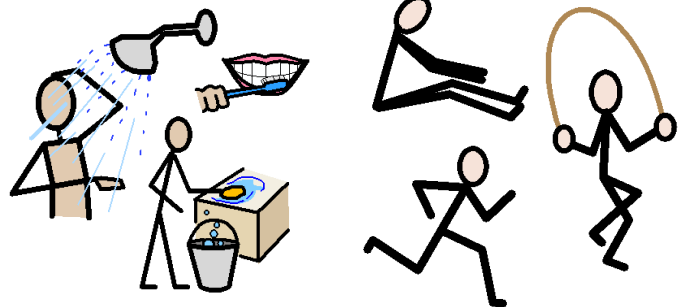
What do you need to do each morning?

What can you do in the afternoon?

How do you like to spend your evenings?

What do you do every day?

What do you do weekly?



PLAN YOUR WEEK WITH A VARIETY OF ACTIVITIES:



- ⇒ What you need to do
- ⇒ What you like to do
- ⇒ What you can do

WORK

REST

PLAY