



Week at-a-Glance

Activity Planner

Mindfulness Practice / Stress Reduction / Grounding Work

- ▶ Go for a nature walk without your phone on.
- ▶ Do a 15-minute full-body stretch
- ▶ Do a 10-minute meditation
- ▶ Practice deep breathing exercises for 10 minutes to calm your mind.
- ▶ Dance to some of your favorite songs and really get your body moving.
- ▶ Reflect on three things you're grateful for today and why they bring joy to your life.
- ▶ Practice yoga and/or qigong to help release tension and ground yourself.

Affirmations / Self-Care

- ▶ Declutter your space, and let go of what you don't need.
- ▶ Treat yourself to a relaxing nap.
- ▶ Journal about your strengths, and how they've helped you over the years.
- ▶ Practice self-care by enjoying in a relaxing bath or pampering session.
- ▶ Write down one positive affirmation about yourself and repeat it throughout the day.
- ▶ Journal about your boundaries and brainstorm changes you can make.
- ▶ Practice compassion and forgiveness for yourself. Reflect on one thing you are hard on yourself over. Show yourself compassion and forgiveness to let go of the hurt.

Mon.

Tue.

Wed.

Thu.

Fri.

Sat.

Sun.

Self-Exploration / Growth

- ▶ Reconnect with someone you've lost touch with.
- ▶ Find a new recipe and make it.
- ▶ Write someone a thank you note and send it.
- ▶ Find somewhere you'd like to volunteer and sign up.
- ▶ Try a new hobby or activity to stimulate your mind and boost your creativity.
- ▶ Check out a new podcast you might not typically listen to.
- ▶ Express yourself through a creative outlet. This can be writing, coloring, playing music, or any other activity that uses your imagination.