



# Wellbeing planner



Looking after your emotional wellbeing is an ongoing part of healthy living. In exactly the same way that you should plan regular exercise for your physical health, you should also plan activities that boost your emotional health.

Consider the activities that are important to your emotional wellbeing. For some people this might be going for a run or talking to a friend. Other people might prefer to have a relaxing bath or spend time reading on their own.

 On the next page, create your own personalised weekly wellbeing plan that fits around your lifestyle.

 **Reminder**  
Some of the activities in your weekly exercise plan might also fit in your wellbeing plan.



	 AM	 PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		