

Look After Yourself Support Sheet

- What have you found relaxing in the past?

- What haven't you tried that you think you would find relaxing?

- What could you start doing immediately or tomorrow that would improve your quality of life, help you to relax or improve your health?

E.G. Three 20min walks every week ~ An extra portion/piece of fruit every day ~ Set aside a time for myself every week and stick to it ~ Set aside a time with my child every week and stick to it ~ Get a massage every month ~ Have 30min bath twice a week ~ Spend 15min alone, every day ~ Read a book

- What step could you take, to reduce stress in your life, that would make the biggest difference?

- What is the easiest step you could take to reduce stress in your life?

- List your top five needs that are met:

1)

2)

3)

4)

5)

- List your top three needs that are unmet:

1)

2)

3)

- What is the most important thing that you regularly do for yourself?

- What three steps will you take within the next week to improve your quality of life?

1)

2)

3)

- Who will you share this with, and who's support will you request?