

SELF-CARE RESOURCE CARD

Seven Activities to Promote
Personal Wellbeing for Carers

Supporting
CARERS WEEK 2023

MONDAY

COMPLETE A MINDFULNESS SESSION

TUESDAY

TRY BEGINNERS YOGA

WEDNESDAY

COMPLETE A BODY SCAN

THURSDAY

CONNECT WITH FRIENDS

FRIDAY

TAKE A DIP IN OPEN WATER

SATURDAY

TAKE A BREAK FROM SOCIAL MEDIA

SUNDAY

START A GRATITUDE LOG

#MAKINGCARINGVISIBLE

