



ST. MICHAEL'S HOUSE

SELF-CARER RESOURCE CARD

Seven Activities to Promote
Personal Wellbeing for Carers

Supporting
CARERS WEEK 2021

MONDAY

COMPLETE A MINDFULNESS SESSION

TUESDAY

TRY BEGINNERS YOGA

WEDNESDAY

COMPLETE A BODY SCAN

THURSDAY

DO A BRAIN DUMP

FRIDAY

TAKE A DIP IN OPEN WATER

SATURDAY

SHARE A BOTTLE OF WINE OR
COFFEE WITH A LOVED ONE

SUNDAY

START A GRATITUDE LOG

