

## Weekly Planner

In order to help with your recovery it is important to plan the week ahead. Plan for each day of the week and try to stick with this plan even if you don't feel like doing some of the activities. Make sure that you include exercise (e.g. a 30 minute walk), socialising (e.g. catching up with a friend for lunch), me time (e.g. relaxing with a book) and a pleasant or joyful activity (e.g. dancing).

<b>Time / Day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6 – 7 am							
7 – 8 am							
8 – 9 am							
9 – 10 am							
10 – 11 am							
11 – 12 pm							
12 – 1 pm							
1 – 2 pm							
2 – 3 pm							
3 – 4 pm							
4 – 5 pm							
5 – 6 pm							
6 – 7 pm							
7 – 8 pm							
8 – 9 pm							
9 – 10 pm							
11 – 12 am							