



WEEKLY PLANNER

be kind
BALLARAT



Set a routine for the week and one for the weekend. Separating the two will help to ensure your weekends are now for relaxing and recharging. **Remember to have some flexibility with your routine. Enjoy the spontaneous moments as well as the structured ones.**

MONDAY

Today I will call



TUESDAY

Today I will call



WEDNESDAY

Today I will call



THURSDAY

Today I will call



FRIDAY

Today I will call



SATURDAY/SUNDAY

BE KIND TO OTHERS 

Make time everyday to phone or video chat with friends, family or people you know who may be socially isolated.

Include time for healthy activities



- _____
- _____
- _____
- _____

Be Kind to Yourself



Get a good nights sleep.

Set a time to switch off your devices each day. It's important to disconnect, to reduce information overload and reset for tomorrow.



Spend some time outdoors



Embrace your green thumb, go on a nature hunt with the kids in the backyard or start those outdoor projects you've bought supplies for but have been pushing aside.



Enjoy some downtime!



Definitely include some downtime on the couch. Reading a book, watching TV or having a movie night gives you the escape and distraction you might be craving right now.

