

What's your plan today?

DATE:

ROUTINE

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- Breakfast:
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- Lunch:
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- Supper:
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PRODUCTIVITY TASKS

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SELF CARE PLAN

- Physical:
- Social:
- Restorative:
- Household:
- Living the value of:
-

GRATITUDE

NOTES

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Balance Works
Occupational Therapy & Coaching

What's your plan today?

INSTRUCTIONS

We are social, productive, creative, and somewhat anxiety-prone creatures. For some, the idea of working from home and spending extra time with families is exciting, for others, it's daunting. We know that isolation and loss of routine and productivity are strong risk factors for depression. That's why it's essential to maintain a workable, values-oriented routine while at home.

1. Print a page for each family member daily
2. Make a plan each morning or the evening before
3. Reflect on how it went and adjust accordingly

ROUTINE

- Plan for healthy meals and snacks. Roaming through the kitchen and grabbing a handful of this or that while we are bored and less active will add up to low mood and weight gain over time.
- Time-blocking with intention. Consistent routines help avoid the what-do-I-feel-like-next vortex of phone scrolling and and feeling crummy about it.
- Alternate activity types, build in breaks with physical activity. A 5 min kitchen dance party to your favourite song while you wait for the kettle to boil, run up and down the stairs, put a few more pieces in the puzzle, chip away at the creative project you've been too time-strapped to get to.
- If you have kids at home, try to balance routines with tasks for yourself and tasks the kids need help with. Let them know when you'll be doing something together to reduce interruptions while in virtual meetings. Have a piece of paper you can post when you're in a virtual meeting that tells them you're not able to talk but offers somewhere to write a question.



PRODUCTIVITY TASKS

- Space for work, study, or household activities. What can I do today to feel productive?
- Don't have any work or study? This could be working on a home project you've been putting off, cleaning out a closet, reading, doing your family tree, planting veggie seedlings indoors in preparation for spring, sorting through the photos on your computer, painting the console table etc.
- Keep in mind we often need less time to do work tasks when we aren't commuting, talking to coworkers, and sitting in long meetings.
- Don't forget to check the tasks off as you go. Our brains get a happy dopamine rush when we check things off.



SELF CARE PLAN

- Physical: go for a walk, dance to your favourite song, run up and down the stairs. Your body must move.
- Social: Virtual coffee by phone or video with a friend, check in on loved ones, post good on social media.
- Restorative: Stretch, meditate, read, do yoga, have a bath. Do something to nurture your soul.
- Household: Boring self care. Make your bed, catch up on laundry, do some spring cleaning.
- In line with the value of ____: How are you living your most important values today?
- Blank: This is your wild-card. What do you need to do to feel well today?



GRATITUDE

Gratitude is proven to boost our physical and mental health. Build resilience and connection by noting what makes you grateful each day. .



NOTES

How did today work out?
How can you make your life better tomorrow?
How did you make the world better today?
What inspired you today?
Tasks you'd like to get to later.

For more support, contact us

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