



During brain injury recovery, it's important to create a flexible daily structure that allows you to take care of your health while also allowing time for you to rest and heal.

Each day, try to complete one activity in each of the following areas:

- Move
- Connect
- Enjoy
- Achieve
- Self-Care

Make
YOU
the priority
of your life

What could your plan include?

Move - Plan one movement activity, even if it's just for a few minutes.

Some examples include: stretching, going for a walk, Zumba, Yoga, Cardio etc!

Connect - Social connection plays an important role in our mental and physical health?

Strive to have at least one meaningful social interaction per day. Call up a friend, plan a ZOOM call, join a virtual program, write a letter to a friend/loved one.

Enjoy - Plan one activity, *just for the fun of it*.

Some examples include: cooking your favourite food, watching a movie, etc!

Achieve - Plan one task to achieve per day. Maybe it's just a small one.

Some examples include: reading, laundry, groceries etc!

Self-care can be any activity that helps you to rewind, rest and reflect and prepare for the next day.

Some examples include: taking a shower/bath, meditating, journaling, practicing mindfulness, putting on a facemask, reading, listening to a podcast/music etc!

***Fill in the chart below with your wellness goals for the week! It is okay if your plans change.**

The goal of creating a wellness plan is to simply bring a daily focus to your overall well-being.

Create Your Wellness Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Move							
Connect							
Enjoy							
Achieve							
Self-Care							