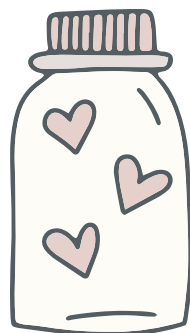


# DAILY SELF- CARE JOURNAL



# SELF-CARE JOURNAL



Whilst lifestyle interventions such as making changes to your diet and exercise are an essential part of managing your PCOS. You will be unable to do these things without self-care. Self-care gives you the permission to carve out the time to make these diet and lifestyle changes. It is not selfish, it's acknowledging that you are important and that you are deserving of living a healthy life free of PCOS symptoms.

Often when we hear the term 'self-care' we envisage spa days, long bubble baths, a massage or a luxurious holiday away from the realities of life. Whilst these things are great, self-care has a lot more to do with our day to day activities.

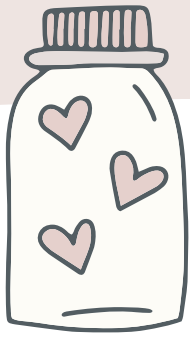
It means making time to do the things that help you live well and improve both your mental and physical health. Self-care can help you manage and reduce stress, lower your chances of getting ill and improve energy levels.

Acts of self-care don't need to be grand, here are some examples of every day acts of self-care that you could try:

- Exercise regularly
- Eat regular meals
- Prioritise sleep
- Give yourself permission to pause
- Indulge in trashy TV
- Plan something fun
- Practice daily gratitude
- Set boundaries
- Plan the week ahead

Commit to doing this for one full week to see how much of a positive impact it can have

# MONDAY



Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Going for a 15 minute walk at lunch time

Today I am  
grateful for

1.

2.

3.

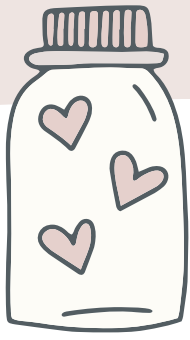
This did not  
serve as self-  
care

e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it

# TUESDAY



Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Going to bed at 10pm

Today I am  
grateful for

1.

2.

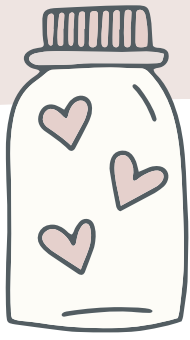
3.

This did not  
serve as self-  
care

e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it



# WEDNESDAY

Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Going out to see friends

Today I am  
grateful for

1.

2.

3.

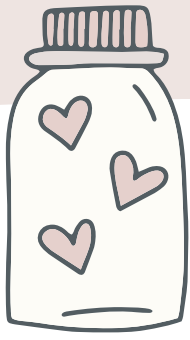
This did not  
serve as self-  
care

e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it

# THURSDAY



Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Soaking in a hot bubble bath

Today I am  
grateful for

1.

2.

3.

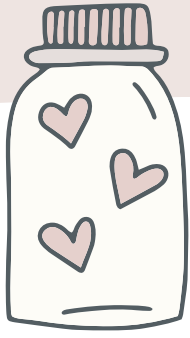
This did not  
serve as self-  
care

e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it

# FRIDAY



Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Getting up in time to have breakfast

Today I am  
grateful for

1.

2.

3.

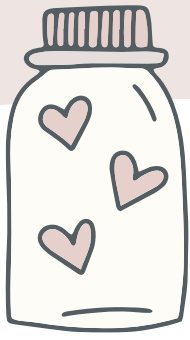
This did not  
serve as self-  
care

e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it

# SATURDAY



Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Spending 30 minutes outside

Today I am  
grateful for

1.

2.

3.

This did not  
serve as self-  
care

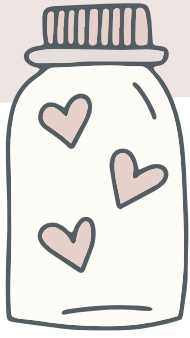
e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it



# SUNDAY



Give yourself permission  
to make yourself a priority

Today my one  
act of self-care  
will be

e.g. Planning my meals for the week ahead

Today I am  
grateful for

1.

2.

3.

This did not  
serve as self-  
care

e.g. Having lunch at my desk

I can avoid  
repeating this  
by..

e.g. Putting a lunch break in my diary & taking it