



Weekly Relaxation Planner



It is really important to spend at least 10-30 minutes each day doing something you find relaxing as this will help your brain and body deal with new challenges and daily tasks. Fill in each day of this relaxation planner with an idea of a relaxing activity that you would like to complete. It would be a good idea to display this planner in a place where you look every day so that you won't forget to complete your daily activity!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
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