

Daily Needs Charts

There is a sample chart on the next page.
This will give you an idea of the kind of things that
you may find helpful.



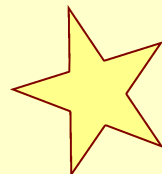
Your empty chart is on the last page, page 3.
Print page 3 to complete the chart.




On your chart, note the things that you already know
will help you - or that you would like to try.

There are two sections, one for easing pain in your body
and the other for keeping your spirits up.

Add to your lists as you find more 'tools'





Daily Needs

What I need to do to keep as well as possible
Add to this list as you find more 'tools'



These are things I need to do every day to care for my body

EXAMPLE

Go for two short walks

Do exercises for flexibility and strength

Eat healthily

Use relaxation CD/Mindfulness Meditation

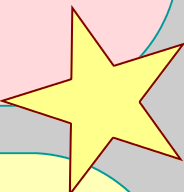
Break up my activities into small manageable chunks

I need to be careful when lifting, reaching, twisting, standing still

I need to be sure not to sit for more than 20 minutes


Use relaxation CD/Mindfulness Meditation

Hot baths/showers



These are things I need to do every day to keep my spirits up

EXAMPLE



Step back from life now and then, come into the present moment and take 'breathing breaks'

Keep things in perspective

Stop negative thoughts as they arise and change my focus to the positive

Do some art/craft work or other enjoyable and distracting activity like gardening

Look through some video clips of nature and art

Laugh

Make sure I only watch programmes that aren't violent or worrying


Care for my cat

Keep in touch with my family and friends

Read engrossing, fun and uplifting books

Walk and enjoy nature

Remember and re-live those moments of enjoyment when I settle down to sleep

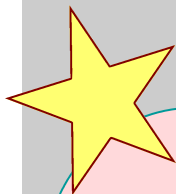




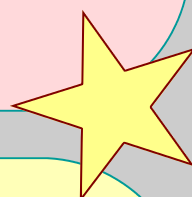
Daily Needs

What I need to do to keep as well as possible

Add to this list as you find more 'tools'



These are things I need to do every day to care for my body



These are things I need to do every day to keep my spirits up

