

Note: I don't always do everything listed here! It's an ideal list since real life demands flexibility. But I do most of it, which has vastly improved my life and helped me make smarter decisions...

Laura Lee's ^{Hero's Training Regimen} Self-Care Plan

Physical Needs

DAILY

8 hours of sleep
Supplements & Food Medicine
No caffeine after 3pm
Affection XO (8 hugs a day!)
Stretching breaks from desk work

WEEKLY

Walking in nature 2 hours
Yoga 1 hour
Physical Therapy 1 hour
Drinking alcohol limit 3x
Flossing & face scrub

REGULARLY

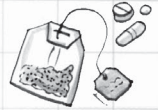
Wear wrist brace while cleaning
Hot baths & steaming
Seasonal healing (like massage)



Daily Supplements

Wheat Germ
Prunes
Kombucha
Tulsi Tea
Local, fresh
real food

Multivitamin
Fish Oil
Probiotic
Vitamin D
Calcium



Support System

WORLD FAMILY:
Larken
Juliet
Bonnie
Earl
Sam

BIOLOGICAL FAMILY:
Mom
Dad
Brian
Anna
Elaine

+ Artners,
Readers,
Historical
Mentors,
Ancestors
& Magical
Helpers

Emotional Needs

Time in nature
Time with animals
Time with kids
Time in water
Growing plants
Singing in studio & car
Listening to playlists & live radio
Dancing!!!
Prayer
Exploring
Introvert social recovery time
Aromatherapy/scent scene changes
Phone dates with support system
Friend dates in person
Sending snail mail
Volunteering



When stress symptoms flare up... do some things from your self-care plan! And reach out to someone in your support system.



Mental Needs

WEEKLY

1-2 Days off + Flex time
Fictional Assistant time
Contemplative chores (like washing dishes)

REGULARLY

Personal art time
Journaling
Alone time
Work outside the house
Artnering with others
Learning new things

DAILY

Know my WARNING SIGNS
Meditate 10 min
Avoid violent content
No screens after 9pm
Limited social media
Controlled news intake
Periods of silence
Reading for fun



Stress Warning Signs

Insomnia
Melancholia
Appetite loss
Overindulgence &
Working late
Racing thoughts
Racing heart
Excessive nail/cuticle biting
Feeling "overwhelmed"
Increased insecurity/doubt
Pain in neck, back, wrist, or belly
Hunched over posture
Future tripping or nostalgia
Eye styes/twitching, lack of eye contact
Trouble communicating or listening



☆ When in doubt, take a shower or make tea!

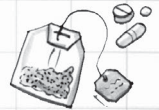
What helps YOU feel better? Fill out your own self-care plan and post it somewhere in your home or studio. Share it with the people in your life who care about you so they know your needs and help remind you to do the things that keep you healthy when you are struggling.

Self-Care Plan

Physical Needs



Daily Supplements



Emotional Needs



Support System



Mental Needs



Stress Warning Signs



☆ When in doubt...

Need more time?
Make a TIME CHART of how you honestly spend your time during an average week. What can you take time away from to devote to self care?