

_____’s Keeping Busy Schedule

Use the spaces below to find the things that make you feel like yourself.

WHAT MAKES ME TICK?

A word or sentence that describes me is... E.g. mathematical, chatty, book worm

PEOPLE WHO ARE IMPORTANT TO ME...

Who are people I enjoy spending time with? E.g. my grandson Joseph, Nurse Alex

THINGS I DON'T LIKE...

What are some things that upset me or make me nervous? E.g. being talked over, being rushed, loud places

With the above in mind, list specific activities you'd like to do.

BODY

Things to keep my body moving
E.g. chair stretches

MIND

Things to keep my mind active
E.g. organise my dresser

SPIRIT

Things to keep my spirit lifted
E.g. Listening to the sound of waves

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On this page is an example of an active day.

On the next page, create your own schedule. Once you’ve built it, give your plan a try! It may work well, or it may need adjustments. Stay positive and keep experimenting. Use this document to explore different options and find what works best for you.

EXAMPLE OF AN ACTIVE DAY

Wake up and have breakfast

MORNING ACTIVITY:

Feeding the birds in the garden

How about trying something that exposes you to the morning daylight?
This can help regulate your internal clock and help with a better nights sleep.

Lunchtime and a 30 minute nap (suggested)

AFTERNOON ACTIVITY:

Video call with the grandchildren

Try to do something active to get you through to dinner time.
Spending time with people you love can give a sense of connection and community.

Dinner time

EVENING ACTIVITY:

Hand massage

Quiet time in the evening can prepare your mind for a restful sleep

Bedtime routine and bedtime

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MY ACTIVE DAY

Wake up and have breakfast

MORNING ACTIVITY:

Lunchtime and a 30 minute nap (suggested)

AFTERNOON ACTIVITY:

Dinner time

EVENING ACTIVITY:

Bedtime routine and bedtime