Laura Lee's Self-Care Plan

Physical Needs
- Daily: 8 hours of sleep, Supplementation & Food Medicine, No caffeine after 3pm, Affection K.O. (8 hugs a day), Stretching breaks from desk work
- Weekly: Walking in nature 3 hours, Yoga 1 hour, Physical Therapy 1 hour, Drinking alcohol limit 5x, Easing & face scrub
- Regularly: Wear white/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: Lauren, Juliet, Bonnie, Earl, Sam
- Biological Family: Mom, Dad, Brian, Anna, Elaine
- + Artisans, Readers, Historical Mourners, Healers, & Magical Helpers

Emotional Needs
- Daily: Time in nature, Time with animals, Time with kids, Time in water
- Weekly: Grooming plants, Singing in studio & car, Listening to playlists & live radio, Dancing, Praying
- Regularly: Exploring, Intervenent social recovery time, From the therapy/scar tissue changes

Stress Warning Signs
- Insomnia, Miserable, Appetite loss, Overindulgence & Working late, Racing thoughts, Being irritable
- Extraordinarily small/active biting, Feeding “overwhelmed”, Increased insecurity/doubt
- Pain in neck, back, writ, or belly, Hunching over posture
- Future tripping or constipation
- Eye strain, Nervous, lack of eye contact
- Trouble communicating or listening

Mental Needs
- Weekly: 2 days off a flex time, Fictional Assisting Time, Contemplative chance (like washing dishes)
- Regularly: Professional art time, Journaling, Flame time, Work outside the house, Appearance with others
- Learning new things

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.
Laura Lee's Self-Care Plan

Physical Needs

**Daily Supplements**
- Wheat Germ
- Pomegranate
- Kombucha
- Tulsi Tea
- Local, Fresh, real Food
- Multivitamin
- Fish Oil
- Probiotic
- Vitamin D
- Calcium

**Support System**
- World Family: Larissa, Juliet, Bonnie, Earl, Sam
- Biological Family: Mom, Dad, Brian, Anna, Elaine
- Artents, Readers, Historical Figures, Mentors, Musicians, & Medical Helpers

Emotional Needs

**Daily**
- Time in nature
- Time with animals
- Time with kids
- Time in water
- Growing plants
- Singing in studio & car
- Listening to playlists & live radio
- Dancing
- Praying
- Exploring
- Intuitive social recovery time
- Matheapy/Scents/Scene changes
- Phone calls with support system
- Friend dates in person
- Sending snail mail
- Volunteering

**Weekly**
- 90% days off & flex time
- Family-friendly time
- Contemplative check-ins (like washing dishes)

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

Mental Needs

**Daily**
- Know my WARNING SIGNS
  - Fatigue
  - Avoid violent content
  - No screens after 9pm
  - Limited social media
  - Controlled intake intake
  - Periods of silence
  - Reading for fun

**Weekly**
- Days off & flex time
- Family-friendly time
- Contemplative check-ins (like washing dishes)

WARNING SIGNS
- Insomnia
- Appetite changes
- Overindulgence
- Lack of energy
- Excessive nail/bite
- Fizziness
- Increased insecurity/doubt
- Pain in neck, back, wrist, or belly
- Hunched over posture
- Future tripping or nightmares
- Eye strain

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?

When in doubt, take a shower or make tea!