

Conners daily wellbeing plan

Wake up → **Get up straight away and do personal morning routine**

↓
Tidy house and laundry, food prep etc

↓
Go out.

Work

Errands

Walk Dogs

Engage with people

Or work on the garden

←
“After you’ve done all this you will have burned off some of that energy, nervous energy, adrenaline or whatever and at least your body will feel a bit better.

Your wellbeing will be improved somewhat which will enable and help you manage whatever stresses are going on and being worked through”

Your next need is something that:

Engages your brain and intellect

Or is utterly fascinating

Or enables you to shine (skill)

Or challenges you physically or mentally

(and you called becky high maintenance ha ha)