

SELF-CARE

Everyday Self-Care

Make a little space for yourself.

GUIDE / FIRST EDITION

Read it. Use it. Make it yours.

BEFORE YOU BEGIN

Make this yours.

Use this guide to organise everyday hygiene, simple routines, and small spaces for care. Read the examples, choose what is useful, and write a plan you can return to on a busy day.

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A NOTE ON THIS EDITION

General personal-care education and planning. Individual health needs vary; seek professional advice for symptoms or questions about treatment.

Start with what you need today

A routine should make daily life easier. Begin with one need: clean clothes, a calmer morning, an organised care kit, or a short break you can actually keep. You do not need a shelf of products to make a useful change.

Choose a small starting point

IF THE PROBLEM IS...	TRY THIS FIRST
Mornings feel rushed	Lay out clothes and your care kit the night before.
Products are hard to find	Keep daily essentials together and store extras separately.
A routine feels too long	Choose a minimum version for busy days.
You forget what you meant to do	Put one short reminder where the routine starts.

The need I want to make easier this week