

Self-care Rituals

Use this weekly self-care ritual guide as a gentle way to build small, meaningful habits that support your wellbeing, one day at a time. These are not about perfection, just about paying a little more attention to yourself.

Monday

Awareness

Theme: Noticing what is actually going on.

Awareness is the foundation of self-care. Before we can change anything, we need to notice what's happening in our body and mind and what that might be telling us.

- Pause for 30 seconds and scan your body. Notice tension in your jaw, shoulders, neck, or breath.
- Check in with your energy – is there an overarching mood colouring your day? Are you rushing? Holding stress? Clenching?
- Pay attention to small shifts and changes, sensitivity, tightness, or fatigue.
- Choose prevention over waiting. Early noticing often prevents bigger problems later.

Tuesday

Nourish

Theme: Supporting your body with what it actually needs.

Nourishment is about giving your body the basics it relies on to function well, not about restriction or rules.

- Drink more water throughout the day. Hydration supports energy, digestion, and oral health.
- Choose tooth-friendly snacks when you can, like nuts, cheese, veggies or yoghurt.
- Slow down at meals. Eating mindfully improves digestion and reduces stress.
- Be mindful of sugar frequency rather than perfection. Small choices add up.

Wednesday

Reset

Theme: Interrupting autopilot.

Midweek is a great time to gently reset habits before stress accumulates.

- Refresh your routine. Change one small thing, a new walking route, a different lunch spot, an earlier bedtime. Notice how it feels to interrupt your regular rhythm.
- Shake up your brushing style. Can you try a slightly slower, more intentional brushing routine? Try brushing with your non-dominant hand? or get the floss out?
- Do a mental reset. Ask yourself: What do I actually need right now? More energy, more calm, more movement, more rest? Then adjust one small thing accordingly.
- Declutter. Is there something that's been sitting on your to-do list for ages? Clear the midweek build-up by letting go of one unnecessary task or pressure.

Thursday

Protect

Theme: Reducing wear and tear.

Protection is about managing the things that slowly wear you down or drain you, especially stress.

- Notice if you are clenching your jaw or hunching your shoulders during the day and with a slow exhale gently release them.
- Practice one stress-reducing habit: a few deep breaths, a short walk, a swim, a hobby or stretching.
- Protect what is already working well by maintaining routines that support you.
- Think long-term care. Small consistent habits beat occasional big efforts.

Friday

Feel good

Theme: Positive reinforcement.

Feeling good reinforces healthy behaviour more effectively than guilt ever does.

- Do something confidence-boosting, a haircut, tidy space, a new scent, a bolder outfit.
- Smile more, even deliberately. Bonus points if you smile at someone you'd normally just walk past. It has a real effect on mood and nervous system.
- Schedule in something for the week ahead that is a future opportunity to feel positive – whether that's feeling grateful, joyful, connected, or accomplished. Make it a priority.
- Celebrate small wins. Progress does not have to be dramatic to count.

Weekend

Restore

Theme: Genuine rest and future-proofing.

Restoration is not just stopping, it is allowing your system to recover.

- Rest properly. Sleep, slow mornings, less rushing where you can.
- Reduce stimulation where possible: fewer screens, less over-booking, more spaciousness and calm.
- Book preventative care or plan upcoming health appointments.
- Set up future you by preparing small things that make next week easier (such as meal prep, organising outfits for the week, listing weekly obligations on a calendar, etc.)

These rituals are not about doing everything perfectly or adding more to your to-do list. They are simple cues to pause, notice, and care for yourself in small ways that build over time.

When practiced regularly, tiny moments of awareness, nourishment, and rest create a powerful foundation for long-term wellbeing. The goal is not to change your whole life, just to treat yourself a little more kindly each day.

Wellness Tracker

This wellness tracker offers a simple space to tune into your body and mind, encouraging mindful habits and self-care without pressure.

Sleep

Wake up time:

Hours:



Quality:

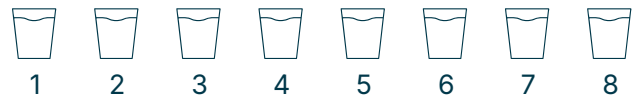
- Poor
- Fair
- Good

Workout

- Walk
- Cardio
- Yoga
- Pilates
- Weights
- Stretch
- Rest day
- Other

Water

(Glass)



Self-care

- Music
- Rest
- Stretch
- Disconnect
- Meditate
- Read
- Journaling
- Skincare
- Nature
-
-
-

Oral-care

Next dentist appointment:

Morning routine:



Evening routine:



How do your teeth feel today:

- Sparkly
- Sensitive
- Okay
- Uncomfortable

Mood



Goals & Intentions

Use this space to set intentions that feel realistic, supportive, and meaningful to you. These are not about pushing harder or fixing yourself.

They are about choosing small, thoughtful directions that help you move forward at your own pace. A helpful way to think about goals is: less pressure, more alignment. When goals reflect what you actually need, they are far more likely to stick.

Goal #1

What is one small change or focus that would genuinely support your wellbeing right now?

.....

When would you like to start?

.....

Daily supports

What small actions, reminders, or conditions would make this easier? (for example: setting a reminder, preparing your environment, asking for support)

Notes and reflections:

What thoughts, feelings, or observations come up as you work toward this?

Goal #2

What is one small change or focus that would genuinely support your wellbeing right now?

.....

When would you like to start?

.....

Daily supports

What small actions, reminders, or conditions would make this easier? (for example: setting a reminder, preparing your environment, asking for support)

Notes and reflections:

What thoughts, feelings, or observations come up as you work toward this?

Goals work best when they feel supportive, not stressful. Intentions focus on direction over instant results. Small, realistic goals build confidence and momentum over time – the aim is steady progress, not perfection.