

# Time for Me

## Immediate Action Plan

Goal / Area for Change	Aims / Details	Services / Health Professional / Supports	Actions for Change
eg. Adequate sleep	Aim for 7hours per night at least 3-4 times per week	Partner / other family	Go to bed earlier, Partner to get up to manage night duties 2-3 times per week
eg. Address back pain	Reduce pain and do back exercises regularly, Learn to lift correctly	GP for referral and Medicare plan Physio	Local physio > appointment to learn exercises I can do at home regularly
eg. Address stress	Reduce symptoms, Learn effective methods to help reduce anxiety, Make sure I socialize one a week	Girlfriends, Speak to GP about a mental health care plan	mindfulness online course/information make appointment with psychologist meet friends for chat and enjoyment
Goal #1			
Goal #2			

# Time for Me

## Four Week Plan

Goal / Area for Change	Aims / Details	Services / Health Professional / Supports	Actions for Change
eg. Build social supports near home	Improve connections at my child's school	Family Mothers in school community	Arrange for mother-in-law to babysit baby younger child for two hours on Wednesdays after school drop off Contact mothers from school to suggest morning walk and coffee
eg. Calmer meal times at home.	Prevent stress getting to high for me by 5 minute meditation before I serve dinner and play calming music at low volume during meal.	For me: friends with same home issues For child: School psychologist and occupational therapist. Community occupational to improve cooperation and communication during meals	For me: Plan meals, Get App, find music, self-talk For child: Read through module 6 again and seek support from school psychologist and occupational therapist.
Goal #1			
Goal #2			

# Time for Me

## Long Term Plan

Goal / Area for Change	Aims / Details	Services / Health Professional / Supports	Actions for Change
eg. Return to work 2 days a week next year	Prepare resume Scope work availability near home Investigate after school services or carer support for school nights	Partner/other family to assist Psychologist—stress management and other Mindfulness meditation	TAFE for return to work upskilling. Find someone to review my curriculum resume Reconnect past colleagues Start connecting with new people
eg. Personal weight loss and good family nutrition	<b>Increase fruit, vegetables, and lean meats in family diet, Reduce alcohol and fast foods</b>	GP/Dietitian, Partner/other family support, Dietitian at Children's Hospital to determine appropriate foods for child	Easy meal cookbooks Class at TAFE Ask sister to teach me. Keep a meal plan diary and record successes!
Goal #1			
Goal #2			