



# SAFE SPACE COUNSELLING

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## DAILY PLANNER

This is a daily planner. A schedule can bring a sense of routine. It might especially helpful for children, adolescents, elderly and during quarantine. Adults can use it as well to plan their day and give essential time balance for all coping activities. Some coping activities are already mentioned; and you can add more if necessary. It is important to set time aside for all the activities. You can also use this for weekends, removing education/work.

**Physical** exercises like yoga, meditation, mindfulness meditation, breathing exercises, running etc.; which are essential for physical fitness; especially in times like this.

**Recreational** can be any activity that relaxes you. Music, journaling, dancing, reading, cooking etc.

With reduced **Social** contact, it is important to keep in touch digitally with family and friends. This might be especially useful for children, adolescents and elderly for comfort and support in these troubling times. You can also include time for social media and TV. With many rumors and information going around, it is important to limit social media and news intake to avoid fear and anxiety; especially among the elderly.

With everybody at home, you can also include some **Family bonding time**, with some activity that all family members enjoy.

Stay home and Stay Safe!

NAME	TIME	ACTIVITY
PHYSICAL		
EDUCATION/ WORK		
RECREATIONAL		
SOCIAL		

NAME	TIME	ACTIVITY
FAMILY TIME		

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