



Penny Brohn UK
Living Well with Cancer



Your self-care
permission slip

Self-care permission slip

It can be really hard to find the time to take a break, especially when you are living with an illness such as cancer. Often we feel like there's too much to do to spend time on ourselves, especially if we have other responsibilities - work, kids, relationships. But taking time to relax isn't a luxury, it's a necessity in order to maintain our health.

This is your very own personal permission slip, to allow yourself the time to take care of your own wellbeing - mind, body, spirit and emotions. You can use this space to jot down ways you could help yourself by using our Bristol Whole Life Approach.

*I promise to take care of myself
in the following ways:*

Mind: _____

Body: _____

Spirit: _____

Emotions: _____
