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: ______________________________________

_______________________________________________