

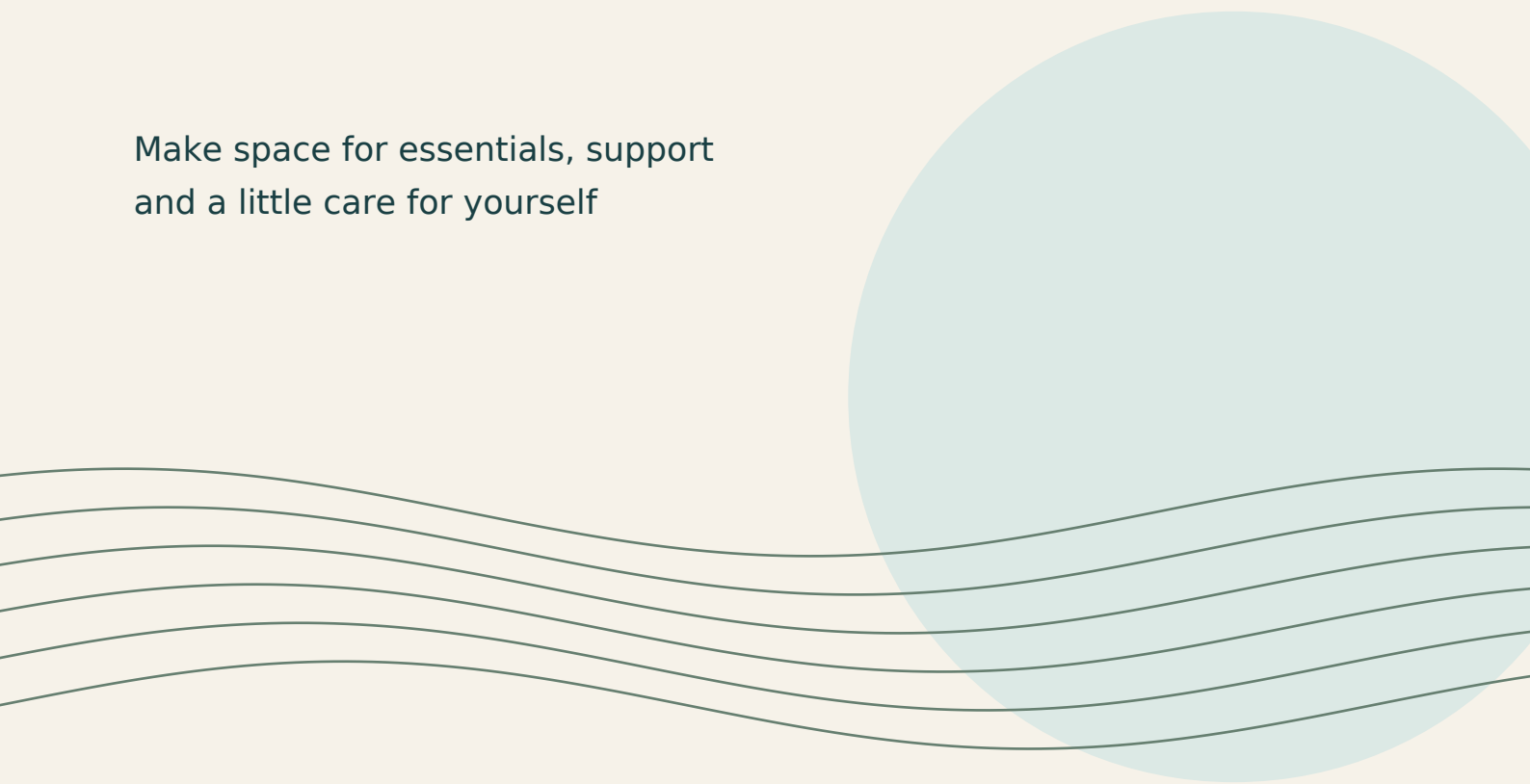
OCEAN RITUAL

YOUR FREE WELLBEING RESOURCE

A Gentler Week Planner

Make space for essentials, support
and a little care for yourself

Wellness, Made a Ritual



Plan for the week you actually have

STEP 1 / PROTECT THE ESSENTIALS

List necessary care, safety, real deadlines and fixed commitments. Include your own basic needs. Separate these from tasks that feel urgent only because of habit or someone else's preference.

STEP 2 / CHOOSE ONE SIMPLIFICATION

Pick one low-stakes task to postpone, reduce or stop. Do not lower standards for necessary healthcare or safety. Example: a simple familiar meal instead of an elaborate plan.

STEP 3 / NAME A SUPPORT NEED

If a safe, suitable adult or service is available, make one specific request. If support is limited, consider a smaller plan. A worksheet cannot create time, money or childcare you do not have.

STEP 4 / ADD ONE REALISTIC CARE ACTION

Choose a small accessible action: a brief connection, interest or supported rest. Attach it to an existing event rather than adding another demanding schedule.

STEP 5 / LEAVE FLEXIBILITY

Keep blank space. Use the minimum-day plan when capacity changes. Review what worked rather than grading yourself. No requirement to finish the list.

My week at a glance

Short notes are enough. Skip any prompt or use a notebook.

WEEK BEGINNING _____ / ESSENTIAL COMMITMENTS

FLEXIBLE OR OPTIONAL TASKS; ONE THING TO SIMPLIFY

ONE SUPPORT REQUEST AND WHO I CAN ASK

ONE CARE ACTION, ITS CUE AND A SMALLER VERSION

Space across seven days

Write only what helps. Blank days are welcome.

MONDAY

Essential / planned: _____

Care or flexibility: _____

TUESDAY

Essential / planned: _____

Care or flexibility: _____

WEDNESDAY

Essential / planned: _____

Care or flexibility: _____

THURSDAY

Essential / planned: _____

Care or flexibility: _____

FRIDAY

Essential / planned: _____

Care or flexibility: _____

SATURDAY

Essential / planned: _____

Care or flexibility: _____

SUNDAY

Essential / planned: _____

Care or flexibility: _____

My minimum-day plan & review

Short notes are enough. Skip any prompt or use a notebook.

NECESSARY CARE, SAFETY AND EXISTING HEALTHCARE ADVICE

WHAT CAN WAIT; THE HELP I MIGHT NEED

A SMALLER CARE ACTION OR REST OPTION

END-OF-WEEK REVIEW: KEEP, SIMPLIFY OR SEEK SUPPORT

What became another demand? What remains unmet?

Make it your own ritual

KEEP IT MANAGEABLE

Repeat only what helps. Adapt to your energy, disability, responsibilities and existing healthcare advice. These tools are not tests of wellbeing, productivity or recovery.

EXPLORE A LONGER GUIDE

Parents and carers wanting further reflection and planning can explore Find the 30-Day Parent Wellbeing & Balance Programme in the programme collection on the Ocean Ritual website. Choose the support that fits your needs; no further purchase is needed to use this free resource.

WHEN MORE HELP IS USEFUL

If stress, low mood or anxiety persists or affects daily life, speak to a GP or qualified professional. New or concerning physical symptoms need assessment. UK: NHS 111 for urgent non-emergency advice; 999 for immediate danger or an emergency. Elsewhere use local services.

SOURCES AND USE

Background: NHS, Get help with stress.

nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/.

Checked 13 October 2026. Activities and worksheets are original educational examples; source organisations do not endorse Ocean Ritual. This resource is not therapy or individual clinical advice and does not guarantee results. © 2026 Ocean Ritual. Free personal use; print for yourself. Please direct others to the original download rather than reselling or redistributing the PDF.