

NURS 404

Write a Daily Prescription for your Self-Care and Well-Being

Make your prescription for the day unique to you, your interests, your availability, and your abilities. What you choose can include small tasks such as taking a step outside to take a deep breath to something that requires a little more time out of your day, like going to get a massage. Choose as many areas that you believe you can handle for the day. Try to write the prescription the night before so that you can view it and start “your prescriptions” when you start your day. The prescription below is an example.

RX: Name: Patricia. N

Date: 2/16/2023

Thoughts: I will name one thing I am grateful for before I get out of bed.

Water: I will drink at least 6-8 glasses of water (8 ounces per glass)

Food: I will drink a green smoothie and eat no potato chips today ☺

Movement: I will take a 30 minute walk after work and before dinner

Sleep: I will turn off all electronic devices at least 30 minutes before bedtime.

NOW, take a moment and write your prescription for the day.

RX: Name:

Date:

After reviewing your responses what intentions would you set for your SELF-CARE?