



Military Mum Planner

Activities/Groups

Including any sessions you'd like to attend such as the gym...



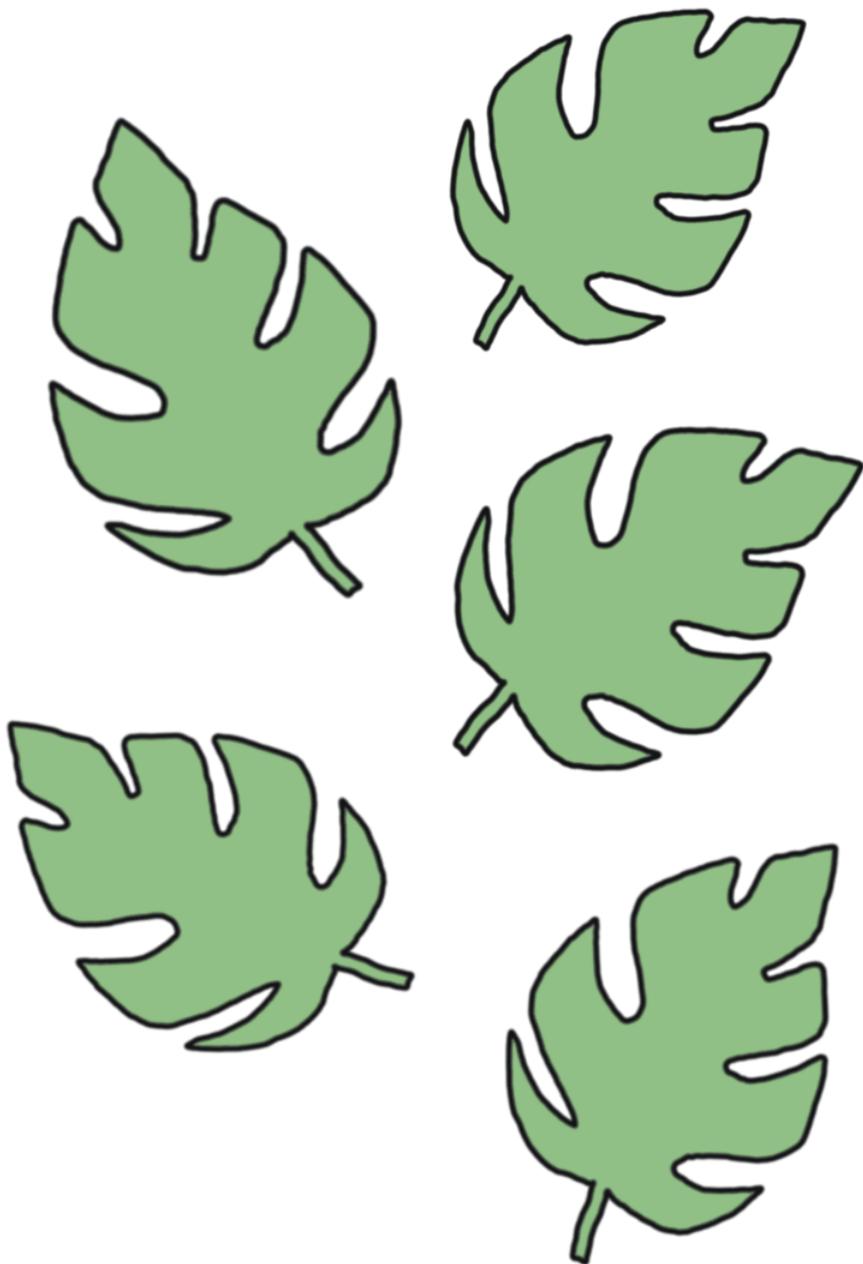
*Our
Love
Is Deployment
Strong*



| | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |
|------|--------|---------|-----------|----------|--------|---------|
| 8am | | | | | | |
| 9am | | | | | | |
| 10am | | | | | | |
| 11am | | | | | | |
| 12pm | | | | | | |
| 1pm | | | | | | |
| 2pm | | | | | | |
| 3pm | | | | | | |
| 4pm | | | | | | |
| 5pm | | | | | | |
| 6pm | | | | | | |
| 7pm | | | | | | |
| 8pm | | | | | | |
| 9pm | | | | | | |

People I can rely on

Fill the leaves with names of people who support you and remind you that you're never alone.



Little People's Routine

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Important numbers

Compassionate card number:

Base Contact:

House Insurance:

Water:

Gas/Electric:

Local Plumber:

Local Electrician:

Doctors:

Dentist:

Car Insurance:

Breakdown Cover:

Local Garage:

Local Vet:

Childcare/ Nursery:

Life Insurance:



Sunny Weather Ideas

Focus on staying happy and calm especially during stressful periods



Happiest Moments

Ways to unwind

Local Support



Local Hive

GP - Chat referral if necessary

Calm- **0800 58 58 58** lines open 5pm until 12am

Mind- **0300 304 7000** lines open 4.30pm until 10.30pm

Pandas- **0808 196 1776** lines open 9am until 8pm

Cry-sis- **08451 228 669** lines open 9am until 10pm

Jot down the support you can access in your area:

Advice you'd give another military mum

Plans

Plans (Activities, holidays, events etc) booked that you're looking forward to and can focus on



Coping mechanisms during detachment

- Plan your time (Keep Busy)
- Meet up with your reliable friends/family
- Attend groups and activities
 - Visit home if you can
 - Listen to your own advice
- Stay connected with others
- Change your environment
 - Be Creative
 - Read a book
 - Write in a journal
- Take a walk or visit a park
- Use your hamper
- Pamper yourself
- Ask for help!

Local Area



Favourite Places to Eat

Places to Visit

Facilities in the area

Meal Ideas



Create an inspiration list for when you can't decide what to cook!



Love Yourself Jar

Fill the hearts with compliments you've received and things you love about yourself



Favourite things

Create your 'perfect' hamper with your ultimate favourite things and when you're feeling low treat yourself to some of the items!

