## **Occupational Self Isolation Plan**



Community and Mental Health Services

Morning		Afternoon		<b>Evening</b>	
(D)	Get up		Dinner		Tea
4	Self Care		Characa wati sita faran		Choose activity from
	Breakfast		Choose activity from list		list
			Break/Drink		Break/Drink
	Choose activity from list		Diedk/Dillik		Choose activity from list
	Break/Drink		Choose activity from list		Supper
	Choose activity from list	•		4	Self Care
				zzZZ	Bed