



Daily Structure Planner

Create a gentle routine that supports your well-being

In this activity, you will design a visually appealing daily structure planner to support your mental well-being. You'll apply calming design principles and supportive prompts to create a helpful tool.

Welcome to Daily Planning

Creating a daily structure can significantly improve your mental health by providing a sense of control and predictability. A well-planned day can reduce anxiety and stress, making you feel more balanced and in control. This activity will help you design a planner that fits your needs and promotes a calmer, more focused mindset.

What is mental health?

Mental health is your overall psychological well-being, including how you feel, think, and behave. Taking care of your mental health is just as important as taking care of your physical health.

Explore the Daily Planner

Carefully review the elements of a daily structure planner. Think about how each section can help you organize your day and support your mental well-being. As you read, consider how each section can contribute to a more balanced and less stressful day.

Main Daily Schedule

- Take mindful breaks
- Eat nourishing meals
- Rest / sleep

Today's Top 3 Priorities:

- 1.
- 2.
- 3.

Reflection

What went well today?

What challenged me?

What can I do differently tomorrow?

Daily Reminder

I don't have to do everything—just what I can, one step at a time.

Building Connections

Connect the ideas from the text with the tasks you've completed by filling out the table below. This will help you understand how each element of the planner contributes to your mental well-being.

Key Concept	Your Understanding	Why is this important?
Morning Focus	<i>e.g. Walking</i>	<i>e.g. Improves overall health</i>
Afternoon Focus		
Evening Focus		
Reflection Section		

Try it Out

Use what you've learned to answer the question below. This will test your understanding of how a daily structure planner can support your mental well-being.

Scenario: You're feeling overwhelmed with schoolwork and extracurricular activities. How could a daily structure planner help you manage your stress and improve your mental well-being?

Reflect on Planning

Reflect on the work you've completed so far, connecting your understanding, analysis, and application of daily structure planning to your own experiences and goals.

How has creating this daily structure planner helped you better understand the connection between daily routines and mental well-being?

What did you learn about yourself and your needs during this activity?

How can you use daily structure planning to support your mental health in the future?