Developing A Self-Care Plan

When you are caring for other people, particularly people with many needs, it can be easy to forget the importance of taking care of yourself. This often happens to parents of high need children, to adult children taking care of elderly parents, or to people living with someone who is chronically ill. Use this worksheet to develop a self-care plan so that you take good care of yourself while you are helping others.

List resources you can utilize to take a break for a few hours during the day.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List resources you can utilize to take an occasional overnight break.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List people you know who can help you with day-to-day chores.
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List people you know who can help you with occasional bigger chores.
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List people who you can count on to regularly give you support.
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List other forms of support such as support groups, religious groups, community groups, and so on).
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Copyright 2016 Between Sessions Resources
List people you can talk to on a regular basis about your concerns.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List ways you can get regular exercise (at least ½ hour a day).

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List hobbies or other activities you enjoy on a regular basis.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List ways you can improve your sleep habits.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List ways you can improve your diet.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List ways you can have fun!

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

List anything else you can do to take good care of yourself.

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Copyright 2016 Between Sessions Resources