

My Maintenance Self-Care Plan Worksheet

Consider what you do now for self-care and list those activities within each dimension of self-care on this worksheet (or you can add new dimensions at the end that represent other aspects of your life). Identify new strategies that you will begin to incorporate as part of your ongoing maintenance self-care plan — pay particular attention to domains that you have not been addressing in the past. On the last page identify barriers that might interfere with ongoing self-care, how you will address them, and any negative coping strategies you would like to target for change.

<p style="text-align: center;"><u>MIND</u></p> <p>Current practice</p> <p>New practice</p>	<p style="text-align: center;"><u>BODY</u></p> <p>Current practice</p> <p>New practice</p>
<p style="text-align: center;"><u>EMOTIONS</u></p> <p>Current practice</p> <p>New practice</p>	<p style="text-align: center;"><u>SPIRIT</u></p> <p>Current practice</p> <p>New practice</p>

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<u>WORK</u>	<u>RELATIONSHIPS</u>
<p>Current practice</p> <p>New practice</p>	<p>Current practice</p> <p>New practice</p>
<p><u>OTHER: _____.</u></p> <p>Current practice</p> <p>New practice</p>	<p><u>OTHER: _____.</u></p> <p>Current practice</p> <p>New practice</p>

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<p>Barriers to maintaining my self-care strategies</p>	<p>How I will address these barriers and remind myself to practice self-care</p>
<p>Negative coping strategies I would like to use less or not at all</p>	<p>What I will do instead</p>

(Adapted by Shirley Reiser, LCSW and Lisa D. Butler, PhD from materials provided by Sandra A. Lopez, LCSW, ACSW, University of Houston, Graduate School of Social Work.)