

## My Self-Care Plan

Review your self-care assessment, which indicates what you are doing now for self-care. On this worksheet, list those self-care activities that you engage in regularly (like every day or every week) that you would **like to continue doing** under “*current practice*” within each area. Then identify **new strategies** that you would like to begin to incorporate as part of your ongoing self-care under “*new practice*” - paying particular attention to areas that you have not been addressing in the past. Finally, on the reverse side, identify barriers that might interfere with ongoing self-care, how you will address them, any negative coping strategies that you would like to target for change, and how you will change them.

<p style="text-align: center;"><b>BODY</b> (Physical Well-being)</p> <p><b>Current Practice:</b></p>    <p><b>New Practice:</b></p>	<p style="text-align: center;"><b>MIND</b> (Mental Well-being)</p> <p><b>Current Practice:</b></p>    <p><b>New Practice:</b></p>
<p style="text-align: center;"><b>HEART</b> (Emotional Well-being)</p> <p><b>Current Practice:</b></p>    <p><b>New Practice:</b></p>	<p style="text-align: center;"><b>SPIRIT</b> (Spiritual Well-being)</p> <p><b>Current Practice:</b></p>    <p><b>New Practice:</b></p>

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

[Adapted from materials provided by Sandra A. Lopez, LCSW, ACSW, University of Houston, Graduate School of Social Work.]