

### **My Maintenance Self-Care Worksheet**

Review the Self-Care Assessment that you just completed, which includes what you are doing now for self-care.

On this maintenance self-care worksheet, list those activities that you engage in regularly (like every day or week) under “current practice” within each domain. Identify new strategies that you would like to begin to incorporate as part of your ongoing maintenance self-care— 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 and how you will change them.

<p style="text-align: center;"><b><u>PHYSICAL (BODY)</u></b></p> <p><b>Current Practice:</b></p>     <p><b>New Practice:</b></p>	<p style="text-align: center;"><b><u>PSYCHOLOGICAL (MIND)</u></b></p> <p><b>Current Practice:</b></p>     <p><b>New Practice:</b></p>
<p style="text-align: center;"><b><u>EMOTIONAL</u></b></p> <p><b>Current Practice:</b></p>     <p><b>New Practice:</b></p>	<p style="text-align: center;"><b><u>SPIRITUAL</u></b></p> <p><b>Current Practice:</b></p>     <p><b>New Practice:</b></p>



Centered Spaces

<u>RELATIONSHIP</u>	<u>PROFESSIONAL (WORK)</u>
<p><b>Current Practice:</b></p>   <p><b>New Practice:</b></p>	<p><b>Current Practice:</b></p>   <p><b>New Practice:</b></p>
<u>OTHER</u>	<u>OTHER</u>
<p><b>Current Practice:</b></p>   <p><b>New Practice:</b></p>	<p><b>Current Practice:</b></p>   <p><b>New Practice:</b></p>

\*Adapted from Shirley Reiser, LCSW & Lisa D. Butler, Ph.D.

<p><b><u>Barriers to maintaining my self-care strategies</u></b></p>	<p><b><u>How I will address those barriers and remind myself</u></b></p>
<p><b><u>Negative Coping Strategies that I would like to reduce</u></b></p>	<p><b><u>What I will do instead?</u></b></p>