

SELF CARE PLAN ADAPTED FROM WWW.REACHOUT.COM

ASPECT	WHAT AM I CURRENTLY DOING?	WHAT COULD I DO?
Workplace & Professional Conduct		
Psychological		
Emotional		
Physical		
Relational		
Spiritual		

- Make a list of the activities that you are currently doing?
- For you current activities
 - Highlight / circle the activities that are working/ make you feel energised, calmer, contribute to your wellbeing?
 - Cross –out those that are not working / feel more of a chore than self-care?
- Add any new activities that you want to try in the “What Could I Do?” column
- Make sure you have at least one activity for each aspect , but be realistic and be specific – just writing “do more exercise” will probably result in doing nothing as will “going to run a marathon each day”
- Ask yourself does the plan look to be in overall balance
- Complete the table below asking yourself “What might get in the way?” How can I manage this / remove the barriers?”

What Might Get in the Way?	How Do I Manage This?

- If you can’t remove the barriers them you might want to adjust your strategies.
- Think honestly about whether you have any negative / maladaptive coping mechanisms & how to minimise them.

Negative / Maladaptive Coping Mechanisms	How Do I Minimise Them?

- Have an aim, something to measure against?

If I implement the plan, what changes so I hope to see in the way I feel?

Once you have made the plan most importantly:

- Keep it visible - perhaps share it with someone who will support you
- Stick to it & practice the activities regularly – even when you are feeling fine
- Re-assess how you are going at the end of one month and then three months
- After a time do the exercise again to see how effective it has been / how it may need to change