

Transcript of 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.

Image Alt Text: Table with 8 boxes. Boxes are meant to individually write in as part of a worksheet. Each box is labeled and the reader should address their current practices and new practices.

Box one is labeled “Mind.”

Box two is labeled “Body.”

Box three is labeled “Emotions.”

Box four is labeled “Spirit.”

Box five is labeled “Work.”

Box six is labeled “Relationships.”

Box seven is labeled “Other:”

Box eight is labeled “Other:”

Image Alt Text:

Table with four boxes. Boxes are meant to individually write in as part of a worksheet.

Box one is labeled “Barriers to maintaining my self-care strategies.”

Box two is labeled “How I will address these barriers and remind myself to practice self-care.”

Box three is labeled “Negative coping strategies I would like to use less or not at all.”

Box four is labeled “What I will do instead.”

(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.)