

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.

MIND	BODY
Current practice	Current practice
New practice	New practice
EMOTIONS	SPIRIT
Current practice	Current practice
New practice	New practice

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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.)