



Self-Care Activities

PROVIDER GUIDE

REVIEW THE PROVIDED SELF-CARE ACTIVITIES CHECKLIST

A checklist of self-care activities can be found on the first page of the worksheet.

- Review each listed item individually and encourage the client to place a checkmark next to any activities they might enjoy participating in.
 - Position the client to be successful in this activity by selecting something easy to do.
 - If the client selects multiple activities, assist them in selecting the ones that fit their current lifestyle.
- Ensure the client that these are just some examples of what people do for self-care and there might be other activities to consider.
- Encourage the client to reflect on whether they would require external support to complete this activity.

REVIEW THE PROVIDED SELF-CARE ACTIVITIES EXAMPLES

Examples for each of the listed self-care activities are provided on the second page of the worksheet.

- Review the examples as you individually discuss each of the provided self-care activities with the client.
- Use the examples to answer questions from the client about what a particular activity might look like.
 - Refer to mother and adolescent male samples or use your own example.
- Review the examples after completion of the worksheet to identify specific examples of activities the client might be most interested in.
 - Motivate the client to pursue a familiar activity that they enjoy and are inclined to continue with.



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CREATE A SELF-CARE PLAN WITH THE CLIENT

After completing the worksheet, create a self-care action plan with the client using the self-care activities they selected. You may utilize the Self-Care Activities Action Plan worksheet provided.

- Discuss the feasibility of implementing each of the selected self-care activities into the client's current schedule.
 - Assist the client in narrowing down to one activity to complete within the next week.
- Identify activities that work best and collaborate with the client on how to best implement these activities.
 - Ask the client how comfortable they are carrying out this activity at the selected day and time.
- Identify any barriers or challenges that may exist when implementing these activities and explore possible ways to overcome them.
 - If the client is struggling to come up with obstacles to completing the selected activity, it may be useful to ask if the days and times selected are appropriate.
 - Prompt the client with questions such as, "What happens if you are too tired or not in the mood to complete the activity? Is there someone that can support you?"

LIKERT SCALES

- Try to get a sense of whether the client understands the provided Likert scales.
 - Model the mood for them by providing your own examples.
- Instruct the client to complete the first mood scale 5 minutes before the activity and the second, after the activity has been completed.
- Allow the client to express any concerns they may have about the completion of this activity.
 - Be prepared to practice activities that the client may need more guidance on