



Self-Care Activities

Provider Guide

A guide to facilitate the Self-Care Activities Worksheet

Note: “client” is used as a general term for any individual receiving support.

FOR YOU (PROVIDER)

Complete the activity yourself, beforehand, to help you model the process for your client. This also ensures you can share how you practice self-care in a way that is comfortable for you to disclose. For further guidance, you may also utilize the mother and adolescent male samples in the Appendix.

REVIEW THE EXAMPLES OF SELF-CARE ACTIVITIES

Examples for each of the listed self-care activities are provided on the first page

- 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 the samples in the appendix 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

REVIEW THE CHECKLIST OF SELF-CARE ACTIVITIES

A checklist of self-care activities can be found on the second page

- Review each listed item individually and encourage the client to place a checkmark next to any activities they might enjoy participating in
 - If the client selects multiple activities, assist them in selecting the ones that fit their current lifestyle
 - Support them to be successful by selecting a simple activity
- 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

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CREATE A SELF-CARE PLAN WITH THE CLIENT

After completing the checklist, move into creating a self-care action plan. You may utilize the Self-Care Activities Action Plan worksheet on the third page.

- Direct the client to pinpoint one activity they feel capable of completing in the next week when they consider their current schedule
 - Strategize with the client on how they can best implement the activity
 - Ask the client how comfortable they feel 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
 - Prompt the client with questions such as, “What do you think will happen if you are too tired or feel like you don’t have time to complete the activity?”
 - If the client cannot think of obstacles to completing the activity, it may be helpful to double check if the day and time selected truly work for them
- Identify solutions to the barriers or challenges from above
 - “Is there someone that can support you?”
 - “When could you carve out a few moments for yourself in the day?”

CHECK IN AND LIKERT SCALES

- Get a sense of whether the client understands the provided Likert scales
 - Model how you would rate your own emotion before the activity
 - Ask the client how they currently feel and instruct the client to complete the first emotion scale 5 minutes before the activity
 - Then encourage the client to select a specific emotion of their own
 - Remind the client to complete the second rating scale right after the activity
- Ask the client if they have any concerns about this activity
 - Be prepared to practice any activity the client is unsure how to implement

FOLLOWING UP

When you see the client the next time, ask if they would like to share their experience. If the client received a benefit from the activity, encourage them to schedule the activity again or try a different one! If the activity brought up uncomfortable feelings, explore another activity and encourage the use of the action plan again. Gently remind the client that we all need time to recharge our own batteries.