

Developing A Self-Care Plan

When you are caring for other people, particularly people with many needs, it can be easy to forget the importance of taking care of yourself. This often happens to parents of high need children, to adult children taking care of elderly parents, or to people living with someone who is chronically ill. Use this worksheet to develop a self-care plan so that you take good care of yourself while you are helping others.

List resources you can utilize to take a break for a few hours during the day.

List resources you can utilize to take an occasional overnight break.

List people you know who can help you with day-to-day chores.

List people you know who can help you with occasional bigger chores.

List people who you can count on to regularly give you support.

List other forms of support such as support groups, religious groups, community groups, and so on).

List people you can talk to on a regular basis about your concerns.

List ways you can get regular exercise (at least ½ hour a day).

List hobbies or other activities you enjoy on a regular basis.

List ways you can improve your sleep habits.

List ways you can improve your diet.

List ways you can have fun!

List anything else you can do to take good care of yourself.
