



Tool: Self Care Maintenance Plan

A 'Self Care Maintenance Plan' refers to the activities that you have identified as important to your well-being and that you have committed to engage in on a regular basis to take care of yourself. There is no "one-size-fits-all" self-care plan, but there are some general principles that will help you manage your self-care:

1. Take care of your physical health
2. Manage your stress and reduce it where possible
3. Honour your emotional and spiritual needs
4. Nurture your relationships
5. Find balance in your personal and work life



There are some straightforward steps to guide us in this process.

1. **How do you cope now?** Identify what you do now to manage stress in your life and assess if they are working for you.
2. **What would you like to do?** Complete the *Self-Care Assessment Tool*. What ideas did you get from the tool...what would you like to add to your routine?
3. **Outlining your plan.** Use the *Self-Care Maintenance Plan Worksheet* to complete what you currently do, and a preferred alternative across each domain.
4. **Obstacles to implementation.** Once you have identified these practices, it is useful to identify possible barriers or obstacles that could get in the way of implementing and/or maintaining them.
5. **Make a commitment to yourself.** Preparing a plan is important; it identifies your goals and the strategies to achieve them. However your success in implementing your plan is ultimately based on the level of genuine commitment you make to your own self-care.
6. **Share your intentions.** Once you have developed your plan and made your commitment, share it with others.
7. **Follow your plan.** Once you have completed the assessment and worksheet you will have identified the core elements of your personal Self-Care Maintenance Plan. The final step is to implement your plan and keep track of how you are doing.

My Self-Care Maintenance Plan Worksheet

Consider what you do now for self-care and list those activities within each dimension of self-care on this worksheet (or you can add new dimensions at the end that represent other aspects of your life). Identify new strategies that you will begin to incorporate as part of your ongoing self-care maintenance plan — 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.

<p>MIND</p> <p>Current practice:</p> <p>New practice:</p>	<p>BODY</p> <p>Current practice:</p> <p>New practice:</p>
<p>EMOTIONS</p> <p>Current practice:</p> <p>New practice:</p>	<p>SPIRIT</p> <p>Current practice:</p> <p>New practice:</p>

My Self-Care Maintenance Plan Worksheet

(cont.)

WORK	RELATIONSHIPS
Current practice: New practice:	Current practice: New practice:
OTHER: Current practice: New practice:	OTHER: Current practice: New practice:

My Self-Care Maintenance Plan Worksheet

(cont.)

Barriers to maintaining my self-care strategies:	How I will address these barriers and remind myself to practice self-care:
Negative coping strategies I would like to use less or not at all:	What I will do instead: