



APPENDIX F

SELF-CARE PLAN

Self-care is often thought of as taking good care of one's physical body through exercise, a good diet, and getting enough sleep. Others think of self-care as doing something nice for oneself or having a good day. We define self-care more broadly: as putting energy and effort into maintaining a balanced life.

The more areas of your life that are well-maintained, the more resources you have to draw on. You can't attend to every facet of your life all the time, but you can strive to give energy and attention to a number of them, and shift your focus from day to day and week to week.

Better self-care means putting time, effort, and energy into many aspects of your life. Poorer self-care means more narrowly focusing your time, effort, and energy on, at most, just a few aspects of your life. When self-care is poor, the risk of relapse—returning to old, destructive behaviors—increases. Poor self-care also makes it harder to cope with stress and challenges.

Many people don't realize how many facets of their life need maintenance and provide support. Listed below are the areas of self-care that are common to every adult on the planet, regardless of cultural background. When you are finished with this worksheet, you should have a general sense of how good your self-care is as well as the areas in life most in need of attention.

Rate your satisfaction with each area from 1 to 10

1 = Very dissatisfied, needs extensive attention

10 = Completely satisfied, couldn't be better

Write specific, concrete actions you can take to improve your self-care in that area.

KEY AREAS OF SELF-CARE

1. Vocational
2. Financial
3. Educational
4. Legal
5. Domestic
6. Health Maintenance
7. Medical
8. Psychological
9. Romantic
10. Sexual
11. Family
12. Social

13. Solitude
14. Recreational
15. Creativity
16. Community Service
17. Spirituality
18. Resources (times, money, energy)
19. Other

- 1. Vocational:** type of work, professional goals, workload, weekly hours
Satisfaction: _____
- 2. Financial:** income, expenses, debt, savings, money management, goals
Satisfaction: _____
- 3. Educational:** increasing your knowledge, pursuing your intellectual interests
Satisfaction: _____
- 4. Legal:** following laws, dealing with consequences of breaking laws, civil issues and conflicts
Satisfaction: _____
- 5. Domestic:** cleaning, laundry, organization, quality of living space
Satisfaction: _____
- 6. Health maintenance:** diet, exercise, sleep
Satisfaction: _____
- 7. Medical:** illness, injuries, dental care, following medical advice
Satisfaction: _____
- 8. Psychological:** emotional awareness, mindset, dealing with the past
Satisfaction: _____
- 9. Romantic:** connection, quality, role in your life, goals
Satisfaction: _____
- 10. Sexual:** connection, quality, quantity, role in your life, goals
Satisfaction: _____
- 11. Family:** parenting, extended family, in-laws
Satisfaction: _____
- 12. Social:** friendships, networking, being with people, quantity and quality
Satisfaction: _____
- 13. Solitude:** emotional check-ins, self-awareness, personal goal setting, quality personal time

Satisfaction: _____

14. Recreation: hobbies, relaxation, having fun, frequency and variety

Satisfaction: _____

15. Creativity: self-expression, making things

Satisfaction: _____

16. Community services: volunteering, helping people you don't know

Satisfaction: _____

17. Spirituality: faith, beliefs, connection with a higher power

Satisfaction: _____

18. General resources: quality, quantity, sufficiency to reach your goals

Time: Satisfaction: _____

Money: Satisfaction: _____

Energy: Satisfaction: _____

19. Other: areas of self-care that need attention and are not mentioned above:

Satisfaction: _____