

Working Daughter

Self-Care Plan for Caregivers



Assessment Worksheet

This assessment tool is the first step in creating a self-care plan.

Using the scale below, rate the following areas in terms of frequency:

3 = Frequently 2 = Occasionally 1 = Never

Physical Self-Care

- Eat a balanced diet
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Engage in physical activities just for fun
- Get enough sleep
- Get fresh air/spend time outdoors
- Pamper yourself (massages, manicures, etc.)
- Drink alcohol in moderation

Emotional Self-Care

- Practice gratitude
- Say no
- Meet with a therapist
- Keep a journal
- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Meditate
- Engage in activities you find fun

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Keep a journal
- Worship
- Volunteer/Be of service to others
- Identify what is meaningful to you
- Read inspirational literature (talks, music, etc.)

Prioritization

You need to balance your care with all of your other priorities in life. Based on your assessment:

List 3 things you want to **keep** doing:

-
-
-

List three things you want to **stop** doing:

-
-
-

List three things you want to **start** doing:

-
-
-

Team Building/Resource Development

Just as you have built a team, and gathered resources to care for others, you want to identify who and what you need to support your own care plan.

To meet my self-care goals, I need to enlist the support/help of: (ex. primary care physician, therapist, trainer, nutritionist, best friend, coworkers, siblings)

Who:

What I need from them:

I need to learn more about: (ex. nutrition, weight loss, meditation, church services, gym hours)

I will get this information by:

My Self-Care Plan

I will keep doing:

-
-
-

I will stop doing:

-
-
-

I will replace these habits with:

-
-
-

I will start doing:

-
-
-

I anticipate these obstacles may get in my way:

-
-
-

What solutions can I come up with to address the obstacles I listed? (ex. I could free up time for myself by watching less TV or waking up earlier):

-
-
-

Today, I commit to:

I want to do this because:

I will accomplish this by:

Signature

Date