

# Continuing Self-Care Worksheet

This printable worksheet is designed to help you check-in with yourself and identify ways that you can continue self-care. This can be completed daily, weekly, or monthly. Start with small goals and then adjust them as you progress. If you need some ideas on self-care practices, be sure to check out the materials from the Families First Caregiver Self-Care series.

<p><b>1. CURRENT.</b> List what self-care method(s) you are currently using.</p> <p><i>Example: I do three minutes of deep breathing every morning before I get out of bed.</i></p>	<p><b>2. FUTURE.</b> Identify new practices that you want to incorporate as part of your continued self-care plan.</p> <p><i>Example: I will be mindful of my senses when I eat meals.</i></p>
<p><b>3. HOW/WHEN?</b> Write down how often you will do the new practices and where you can do them.</p> <p><i>Example: I will pause during each meal for one minute to focus on my senses as I eat. I will try to do this during every meal of the day.</i></p>	<p><b>4. BARRIERS AND SOLUTIONS.</b> Write down any barriers that may make it difficult to practice the new self-care strategies and write how you can work around these barriers.</p> <p><i>Example Barrier: During meals, my child needs my help to eat his food when I am the only caregiver at home.</i></p> <p><i>Example Solution: When my child is playing with a toy after a meal, I will spend one minute being mindful of my senses.</i></p>