

Maintenance Self-care Plan

Instructions:

1. 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).
2. Identify new strategies that you will begin to incorporate as part of your ongoing maintenance self-care plan — pay particular attention to domains that you have not been addressing in the past.
3. 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.

Life Dimension	Current Practice	New Practice
Mind		
Body		
Emotions		
Spirit		
Work		
Relationships		

Life Dimension	Barriers to maintaining my self-care strategies	What I will do instead
Barriers to Self-Care		

Life Dimension	Negative coping strategies I would like to use less or not at all	What I will do instead
Negative Coping Strategies		