

## Comprehensive Self-Care Plan Worksheet

Using the following questions to help you engage in a self-reflective process and develop your comprehensive self-care plan. Be specific and include strategies that are accessible, acceptable, and appropriate to your unique circumstances. Remember to evaluate and revise your plan regularly.

### Physical

- What are non-chemical things that help my body relax?
- What supports my body to be healthy?

### Psychological/Mental

- What helps my mind relax?
- What helps me see a bigger perspective?
- What helps me break down big tasks into smaller steps?
- What helps me counteract negative self-talk?
- What helps me challenge negative beliefs?
- What helps me build my theoretical understanding of trauma and addictions?
- What helps me enhance my counseling/helping skills in working with traumatized clients?
- What helps me become more self-reflective?

### Emotional/Relational

- What helps me feel grounded and able to tolerate strong feelings?
- What helps me express my feelings in a healthy way?
- Who helps me cope in positive ways and how do they help?
- What helps me feel connected to others?
- Who are at least three people I feel safe talking with about my reactions/feelings about clients?
- How can I connect with those people on a regular basis?

### Spiritual

- What helps me find meaning in life?
- What helps me feel hopeful?
- What sustains me during difficult times?
- What connects me to something greater?

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|                      | <b>Personal</b> | <b>Professional/Workspace</b> |
|----------------------|-----------------|-------------------------------|
| Physical             |                 |                               |
| Psychological/Mental |                 |                               |
| Emotional/Relational |                 |                               |
| Spiritual            |                 |                               |

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WRHA's Mental Health Promotion Program well-being website highlights six core ways to well-being with printable handouts that can be used in your work and personal life. It also includes a variety of other resources such as videos, articles, stories and more! Check it out at [www.wellbeingguide.ca](http://www.wellbeingguide.ca).