

SELF-CARE PLAN

One of the most important things we can do as family caregivers – both for ourselves and the person(s) we provide care for, *plus* for our extended family – is to take care of ourselves. We need to take action to reduce our stress by doing pleasurable activities regularly *and* we need to make sure we are continuing to address our own health needs, like having regular checkups and eating healthy foods.

Increasing Pleasant Events for the Caregiver

Although caregiving is time consuming, it is important to take time to do things that you enjoy. Depression and sadness can develop when we have too many unpleasant events and too few pleasant events in our lives. You can feel better by making sure your day includes a few activities that bring you pleasure. Some examples of pleasant events are: going for a walk, reading, listening to music, or going out to lunch with a friend.

Be Realistic

It is important to plan self-care activities that you are quite confident you can complete. Planning to walk for a half hour EVERY day, when you know that is impossible to accomplish given your caregiving responsibilities, will only make you feel more stressed. Choose realistic activities that will build your confidence and sense of accomplishment, while also making you feel better. ☺

Self-Care and Pleasant Event Planning: Do a New Plan Each Week and Be Specific!

Example: “This week I will read a favorite book (*what*) for a half hour (*how much*) in the mid-afternoon when my spouse sleeps (*when*), three times—Monday, Wednesday, and Friday (*how many*)”
or “This week I will call and make an appointment for my yearly check-up with my primary care provider Monday morning one time.”

My Self-Care Plan for this coming week: This week I will...

_____ [what are you going to do]

_____ [how much are you going to do]

_____ [when are you going to do it]

_____ [how often will you do it]

How confident are you that you will complete your self-care plan during the week?

0 1 2 3 4 5 6 7 8 9 10
not at all **totally**
confident **confident**

Remember, it is important that you set a self-care plan for yourself that you are quite confident you can complete. If your confidence level is 6 or less, rethink your plan!!

How well did this self-care plan work for me? _____

What changes should I try? _____

Self-Care and Pleasant Event Planning: Do a New Plan Each Week and Be Specific!

Example: “This week I will read a favorite book (*what*) for a half hour (*how much*) in the mid-afternoon when my spouse sleeps (*when*), three times—Monday, Wednesday, and Friday (*how many*)” or “This week I will call and make an appointment for my yearly check-up with my primary care provider Monday morning one time.”

My Self-Care Plan for this coming week: This week I will...

_____ [what are you going to do]
_____ [how much are you going to do]
_____ [when are you going to do it]
_____ [how often will you do it]

How confident are you that you will complete your self-care plan during the week?

0 1 2 3 4 5 6 7 8 9 10
not at all **totally**
confident **confident**

Remember, it is important that you set a self-care plan for yourself that you are quite confident you can complete. If your confidence level is 6 or less, rethink your plan!!

How well did this self-care plan work for me? _____

What changes should I try? _____

**Self-Care and Pleasant Event Planning:
Do a New Plan Each Week and Be Specific!**

Example: “This week I will read a favorite book (*what*) for a half hour (*how much*) in the mid-afternoon when my spouse sleeps (*when*), three times—Monday, Wednesday, and Friday (*how many*)” or “This week I will call and make an appointment for my yearly check-up with my primary care provider Monday morning one time.”

My Self-Care Plan for this coming week: This week I will...

_____ [what are you going to do]
_____ [how much are you going to do]
_____ [when are you going to do it]
_____ [how often will you do it]

How confident are you that you will complete your self-care plan during the week?

0 1 2 3 4 5 6 7 8 9 10
not at all **totally**
confident **confident**

Remember, it is important that you set a self-care plan for yourself that you are quite confident you can complete. If your confidence level is 6 or less, rethink your plan!!

How well did this self-care plan work for me? _____

What changes should I try? _____