

My

Self-Care Management Plan

Worksheet



Use:

The Self-Care Management Plan Worksheet is a useful tool to use in conjunction with the Self-Care Check-Up Assessment Tool.

Instructions:

Reflecting on the results of your Self-Care Check-Up, fill in the boxes below to indicate which areas of your self-care you feel you are currently attending to and what practices you would like to try.

Area of Self-Care	Current Practices	Things to Try
Physical		
Psychological or Emotional		
Social		
Spiritual		
Professional		



For further information, please contact:

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