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This Self-Care Worksheet will help you create a way to take care of yourself each day. Use your answers to these items to create a Self-Care Plan. You should keep your Self-Care Plan and refer to it often to make sure that you are caring for yourself. To download a complete self-care planning packet, follow this link. Physical Self-Care ___ Eat regularly and healthy foods ___ Identify and take part in fun physical activities ___ Get regular medical care for prevention and illnesses ___ Take time off when needed ___ Get Massages ___ Get enough sleep ___ Take time to care for your appearance ___ Take vacations ___ Take day trips or mini-vacations ___ Make time away from telephones and social media ___

Other: Loading... Featured Substance Use ToolsPage 2Featured Substance Use ToolsPage 3Featured Substance Use Tools (Updated 1/23/22) This is a list of 50+ mental health worksheets, handouts, forms, and more for mental illness/substance use disorders. Please repost and share with anyone who might benefit! New resources are added on a regular basis. Click here for a list of sites with mental health worksheets/handouts and here for a list of free PDF workbooks, manuals, and self-help guides. Find additional free mental health worksheets and resources at TherapistAid, GetSelfHelpUK, and Taking the Escalator. Mental Health Worksheets & Handouts Group Ideas & Topics 15 Tips for Dealing with Challenges in Group Therapy Discussion Questions for Multifamily Groups Discussion Topics for Substance Abuse Groups Questions to Explore Values-Ideas-Beliefs Group Activities Good for newly formed groups. Each group member writes down their "first impression" of other group members. The facilitator then reviews each "impression," and group members have the opportunity to share their answers. Icebreaker Question Cards Print/cut the cards, fold, and place in a container. Group members take turns drawing the cards and answering the questions. Give group members 15-20 minutes to collect signatures. The first person to collect all signatures wins. Print/cut the cards, fold, and place in a container to pass around. This activity works best with a working group. Clinical Film Discussion Questions Mental Health Handouts 25 Examples of Dialectics 25 Journal Prompts for Self-Discovery Journal Prompts (from The Sober Survival Guide) Resources for Suicide Prevention & Recovery Uncommon Grief Experiences Unconventional Coping Skills WORKOUT PLANS - Beginner & Intermediate Mental Health Worksheets 30-Day Random-Acts-of-Kindness Challenge Consequences of Addiction Daily Affirmations for Self-Love Leisure-Wellness-Spirituality in Recovery Life Areas for Goal Development Managing Relapse Triggers Resisting Temptation in Recovery Self-Discovery Assignment Shifting Motivations in Recovery Treatment Planning Worksheet What Do I Have Control Over? Workbooks & Bonus Materials COPING WITH LOSS Workbook Staying Sober Without God-Companion Workbook Daily Self-Inventory for Mental Health Professionals Free Coloring Pages for Adults Miscellaneous Printables 20 Check-In Ideas for Therapy Case Presentation Template Therapeutic Interventions Group Supervision Log-Supervisor Version Skip to main content Psychology Tools Drinking motives questionnaire | Cooper, Russell, Skinner, Windle | 1992 Scale download archived copy Cooper, M. L., Russell, M., Skinner, J. B., & Windle, M. (1992). Development and validation of a three-dimensional measure of drinking motives. Psychological Assessment, 4, 123-132. Drinking motives questionnaire - adolescent | Cooper | 1994 Scale download archived copy Cooper, M.L. (1994). Motivations for alcohol use among adolescents: Development and validation of a four-factor model. Psychological Assessment, 6, 117-128. Leeds Dependence Questionnaire | Raistrick, Bradshaw, Tober, Weiner, Allison, Healey | 1994 Scale download archived copy Raistrick, D.S., Bradshaw, J., Tober, G., Weiner, J., Allison, J., & Healey, C. (1994) Development of the Leeds Dependence Questionnaire, Addiction, 89, pp 563-572. Maudsley Addiction Profile (MAP) | Marsden, Gossop, Stewart, Best, Farrell, Lehmann, Edwards, Strang | 1998 Scale download archived copy Marsden, J., Gossop, M., Stewart, D. Best, D. Farrell, M. Lehmann, P. Edwards, C. & Strang, J. (1998) The Maudsley Addiction Profile (MAP): A brief instrument for assessing treatment outcome, Addiction 93(12): 1857-1867. Readiness to Change Questionnaire (RTC) | Heather, Rollnick | 1993 User's manual download archived copy Rollnick, Heather, Gold, Hall (1992) Severity of Dependence Scale | Gossop, Darke, Griffiths, Hando, Powis, Hall, Strang | 1995 Scale download archived copy Gossop, M., Darke, S., Griffiths, P., Hando, J., Powis, B., Hall, W., Strang, J. (1995). The Severity of Dependence Scale (SDS): psychometric properties of the SDS in English and Australian samples of heroin, cocaine and amphetamine users. Addiction 90(5): 607-614. Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) | Miller, Tonigan | 1996 Scale download archived copy Miller, W. R., & Tonigan, J. S. (1996). Assessing drinkers' motivation for change: the Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES). Psychology of Addictive Behaviors, 10(2), 81. Enhancing Motivation for Change in Substance Use Disorder Treatment | SAMHSA | 2019 download archived copy Motivational Enhancement Therapy Manual | Miller, Zweben, DiClemente, Rychtarik | 1995 download archived copy Cognitive Behavioural Coping Skills Treatment Manual: A clinical research guide for therapists treating individuals with alcohol abuse and dependence | Kadden, Carroll, Donovan, Cooney, Monti, Abrams, Litt, Hester | 2003 download archived copy Clinical guidelines for implementing relapse prevention therapy | Marlatt, Parks, Witkiewitz | 2002 download archived copy A cognitive-behavioral approach: Treating cocaine addiction | Carroll | 1998 download archived copy Addictions and trauma recovery | Janina Fischer | 2000 download archived copy Patient's workbook for cognitive behavioral therapy sessions - Intensive Treatment and rehabilitation program for residential treatment and rehabilitation centers for drug dependents (INTREPRET) | Phillipines Department of Health | 2020 download archived copy Substance use / brain injury bridging project - Client workbook | Community Head Injury Resource Services of Toronto (CHIRS) and the Centre for Addiction and Mental Health (CAMH) download archived copy Cognitive behavioral & relapse prevention strategies | UNODC | 2007 download archived copy Acceptance and commitment therapy for substance abuse | Richie | 2013 download archived copy The great porn experiment - TED lecture | Gary Wilson youtube.com Yourbrainonporn - contains useful information about neurobiology of addiction link Brownell, K. D., Marlatt, G. A., Lichtenstein, E., & Wilson, G. T. (1986). Understanding and preventing relapse. American Psychologist, 41(7), 765. download Hendershot, C. S., Witkiewitz, K., George, W. H., & Marlatt, G. A. (2011). Relapse prevention for addictive behaviors. Substance abuse treatment, prevention, and policy, 6(1), 17. download Larimer, M. E., Palmer, R. S., Marlatt, G. A. (1999). An overview of Marlatt's Cognitive-Behavioural Model. Alcohol Research and Health, 23(2), 151-160 download archived copy Volkow, N. D., Koob, G. F., & McLellan, A. T. (2016). Neurobiologic advances from the brain disease model of addiction. New England Journal of Medicine, 374(4), 363-371 download Self-care continues to be a popular buzzword. But while it persistently grabs headlines, it also remains a fuzzy concept. Though a relatively new phenomenon in the West, self-care has a much older tradition in Eastern cultures, reaching back to antiquity. Marked by a preventive rather than reactive approach to health, many Asian cultures seek to manage our energy economies before they become depleted. The therapeutics of Traditional Chinese medicine, for example, revolve around preventing the exhaustion or blockage of "qi," our vital life energy. Qigong, meditation, and yoga are all techniques designed to restore our inner balance and prevent us from burning out. Combining self-soothing and relaxation with resilience-enhancing strategies, Western-style self-care, too, promotes a proactive approach to our physical and mental wellbeing (Skovholt & Trotter-Mathison, 2011). Self-care is a sustainable and holistic investment in our minds and bodies. It includes taking good care of our physical health, most notably by eating healthily, exercising, and sleeping well. But it also entails looking after our minds and emotions, which can take the form of setting time aside for activities that nourish our spirits and learning to understand how we can best replenish our energies. Before you continue, we thought you might like to download our three Self-Compassion Exercises for free. These detailed, science-based exercises will not only help you increase the compassion and kindness you show yourself, but will also give you the tools to help your clients, students, or employees show more compassion to themselves. Why Is Self-Care So Important? If we do not practice basic self-care, we may quite simply burn out. We will be unable to decompress or find outlets for our stressors. The worse we take of ourselves, the less we will have to give; from an empty cup, we cannot pour. Often, self-care advice takes the form of prescribing specific relaxation activities to clients. But this misses the point. The true essence of self-care is twofold: it involves self-knowledge and positive self-talk. First and foremost, we need to understand our true needs. What does and does not restore us differs substantially from person to person, depending on our tastes and preferences. Our key task is to stimulate our clients to reflect on what it is that they need - their own unique and special sets of self-care activities. The second core part of self-care is about managing the way we talk to ourselves. Riegel and colleagues (2017) rightly highlights the importance of adjusting our self-talk as a crucial component of self-care. For there is nothing more energy draining and destructive than our inner critic, the bullying voice that tells us we are lacking. To take better care of ourselves, we need to work on cultivating a kinder, more compassionate voice. Awareness raising and self-compassion (Neff, 2004), then, are the central features of self-care. Our 5 Favorite Self-Care Worksheets A solid starting point for embarking on a self-care journey is to take an inventory of how good we are at it already. This Self-Care Checkup breaks self-care down into physical, psychological, social, spiritual, and professional self-care. Checking how we score in each domain provides a good first indication for what we should prioritize. An even better first calling point is PositivePsychology.com's Energy-Management Audit, which invites us to understand from which activities we gain energy and how we can best replenish it. It reminds us that our energy sources are tied up with our basic human needs and encompass the mind, body, emotions, and spirit. It gives a clear indication of the domain where we most struggle to care for ourselves and where we may lose most of our energy (Schwartz & McCarthy, 2007). Our lack of energy may be the result of simple and easy-to-fix habits such as skipping breakfast or not taking enough breaks during the day. Or it may be down to deeper causes such as not living by following our values or not engaging in activities that are truly meaningful to us. Given that self-compassion is such a vital part of any self-care regime worth its salt, another great stock-taking worksheet is PositivePsychology.com's Taking Care of Myself. It is based on the idea that the most effective pathway to greater self-compassion is understanding how much we care for ourselves already. For example, it asks us to reflect on how we already care for our emotional wellbeing and which other activities we could add to do so even better. An excellent resource for self-compassion-based self-care exercises is Kristin Neff's website. Her How would you treat a friend? worksheet is particularly significant. It urges us to remember how we would interact with a struggling friend. What would we say to them? What tone of voice would we use? Next, we are invited to think of how we speak to ourselves when we are struggling. Is there a difference between the way we talk to ourselves and the way we would speak to a friend we care about? If so, why? The aim is to treat ourselves with as much care and kindness as we would treat our friends. In her Changing Your Critical Self-Talk exercise, Neff invites us to notice when we are talking to ourselves in a critical voice. Whenever we feel bad, we are asked mindfully to notice that voice - what it says, which phrases it uses, its tone, and whether, perhaps, it reminds us of someone in our past. As a next step, Neff asks us to soften this inner judge and to reframe the observations it makes in a friendlier, more positive way. We may even want to supplement endering and understanding self-talk with warm physical gestures. 3 Worksheets for Youths Adolescents and young adults benefit greatly by learning to use self-care as a coping strategy for life. These three exercises are designed to help youths think about how they can incorporate more self-care activities into their daily lives, for increased mental and physical wellbeing. Self-Care Vision Board PositivePsychology.com's Self-Care Vision Board is particularly well suited for younger clients. This tool is available for free as part of our three Self-Compassion Exercises Pack, which you can download here. Designed to increase self-care and self-compassion in creative ways, it adopts a playful and intuitive approach to the topic. Clients are invited to create a self-care vision board. It can be drawn or combine cut-out images, photographs, and words. Clients are asked to brainstorm as many positive self-care activities as possible - both activities in which they are already engaging and those they would like to develop. They are asked to work intuitively rather than rationally, to discuss their representations with their therapists, and then to place the vision board in a prominent place where it reminds them of all the great things they could do to take better care of themselves. My Self-Care Promise Another fantastic exercise, for both the young and the old, involves making a simple self-contract. Self-care is one of the first sets of activities that get neglected when suffering from symptoms of anxiety or depression, and planning pleasant activities can encourage us to reflect on our strengths. My Self-Care Promise invites the reader to consider times they may be vulnerable to waning self-care. It includes space for a re-affirming mantra to remind them to treat themselves compassionately and invites some "if-then" thinking for when obstacles arise. Nurturing vs. Depleting Activities The things we do each day can either enhance or take away from our wellbeing in the long run. While we all find ourselves doing things we "need" to do (e.g., work, looking after others, or running errands), it can be particularly easy to neglect the things that give us life and energy. The goal of this Nurturing vs. Depleting Activities worksheet is to help the reader become more aware of what adds to or takes away from their mood and energy. To complete the exercise, the reader is invited to list their daily tasks from morning to evening. Next, they decide whether each activity is nurturing (energizing, positive, and restorative) or depleting (draining their energy and happiness). At the end of the exercise, they're asked to reflect on the balance between the two and how they might introduce more nurturing moments into their lives. The Self-Care Assessment Wheel Self-care assessment wheels are excellent tools for several reasons. First and foremost, they powerfully visualize the different domains of self-care. Secondly, they show us, at a glance, a more holistic picture of how we are faring in caring for ourselves. Thirdly, they remind us that all of the domains of self-care are interconnected, and that as a person, we are defined by how we do in all the relevant areas. Frequently, the areas covered in self-care assessment wheels include the physical, psychological, emotional, spiritual, personal, and professional spheres. Assessment wheels are particularly useful for illustrating the importance of balance between these areas in our lives. The best and most widely used self-care assessment wheel is Olga Phoenix's Self-Care Wheel. It consists of two sheets, one in which general relevant topics have been inserted into the wheel, as inspiration and prompts, and one empty wheel for the client to fill out. If we want to be less directive and allow our clients to use this wheel more intuitively, we can simply present them with the empty wheel only. Self-Care Activity Ideas The list of commonly recommended self-care rituals tends to be topped by nutritional and sleep hygiene advice, and also features walks in nature, taking up hobbies, scheduling "me-time," various relaxation techniques, and making more time for friends. It also frequently includes sensual rituals such as bathing, pampering ourselves with luxurious beauty products, and lighting scented candles. But prescribing specific activities to our clients misses the point. For self-care is all about finding out what we need - what our unique energy-draining and energy-boosting strategies are. They will differ in each case, often substantially. What reenergizes an extrovert, for example, may well drain an introvert even further. The clue, then, is to draw up our unique list of our favorite things. We may take inspiration from the famous Sound of Music song: Raindrops on roses and whiskers on kittens Bright copper kettles and warm woolen mittens Brown paper packages tied up with strings These are a few of my favorite things

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