

# fact sheet

## A SELF-CARE WORKSHEET FOR EXPECTANT AND NEW PARENTS



FACT SHEET\_SELF CARE WORKSHEET 25.4.21

### SELF-CARE WORKSHEET

**STEP 1** in self-care is identifying what you normally do to cope with life stresses. It can be useful to list all the strategies you use and see if they are helpful or unhelpful. Try not to be too hard on yourself and be as honest as you can. Life is challenging right now.

**Helpful strategies:** eg. time out for some solitude, exercise, talk to a friend

**Unhelpful:** eg. shouting at the kids, not eating well, withdrawing from life

#### Helpful strategies

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#### Unhelpful strategies

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**STEP 2** is to work out what you need right now to feel better eg: reduce the sense of isolation, get more fresh air, connect with friends

#### What do I need right now to feel better

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**STEP 3** is to identify what you can change now to include more self-care strategies eg: schedule a set time for self-care each day, turn off screens at night 1 hour before bed, talk to your partner and children about what you need

### What can I change now to include more self-care strategies in my day

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**STEP 4** With a focus on the more helpful strategies, find your 3 favourites and put them down in the following weekly schedule and see if you can stick to the plan. Reflect and assess at the end of each week.

### My three favourite strategies

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Did you get to do them? If yes, did it feel better doing them?

If no, consider why not, maybe you need to change how/when/what you did.

Make a new plan for the following week and again review at the end of the week.

Add in some new self-care ideas to create some interest and increase motivation. 🌸

