

**REPLENISH THE WELL:
AN EXPERIENCE IN SELF-CARE**

SELF-CARE WORKSHEET

Neglecting self-care can have negative effects on body, mind, and spirit, leaving us depleted and out of balance. For this reason, it is important to have self-care strategies that address each of these parts of ourselves. Organizations also need to support self-care for staff and volunteers. On the chart below, list as many self-care strategies as you can. (An example is given in each area to get you started). After you have listed strategies, place a check-mark (✓) to any that you do regularly, and put a star (★) next to any you might like to consider adding to add to your life.

| PHYSICAL | MENTAL (INCLUDES EMOTIONAL) | SPIRITUAL | ORGANIZATIONAL |
|-------------------------|---|-------------------|---|
| <i>Aerobic exercise</i> | <i>Sharing upset feelings with a friend</i> | <i>Meditation</i> | <i>Regularly scheduled peer supervision group</i> |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Exercise developed by Catherine D. Nugent, for *Replenish the Well: An Experience in Self-Care*, workshop presented at *Peer Services: A Life in the Community for Everyone*, Fifth Annual Conference of the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment's Recovery Community Services Program, Washington, DC, July 13, 2004.