

Worksheet: Developing a Sustainable Self-Care Plan for Clinicians

Purpose: This worksheet helps clinicians develop a structured and realistic self-care plan that prevents burnout, supports emotional resilience, and promotes professional well-being.

Step 1: Self-Care Reflection & Burnout Awareness

Self-Check: Answer the following questions honestly.

1. How often do I prioritize my own well-being? (**Daily, Weekly, Rarely, Never**)

2. Do I recognize the early signs of burnout in myself? (**Yes / No / Sometimes**)

3. What are the top three stressors in my work life?

● _____
● _____
● _____

What do I do when I feel overwhelmed at work?
(Check all that apply.)

- ☐ Push through without taking a break

- ☐ Vent to a colleague

- ☐ Take a short mental reset (breathing, grounding)

- ☐ Engage in a healthy coping strategy

 **Example Tip:** If you find yourself ignoring stress, this is a sign that your self-care plan needs to be intentional, not reactive.

Step 2: My Personalized Self-Care Plan

List at least one self-care activity in each category that works for YOU.

Category	Self-care activity
Emotional Self-Care: (Therapy, journaling, deep conversations, etc.)	
Physical Self-Care: (Exercise, nutrition, hydration, proper rest, etc.)	
Social Self-Care: (Time with friends, setting boundaries, engaging in social hobbies, etc.)	
Professional Self-Care: (Seeking supervision, managing caseloads, continuing education, etc.)	

Step 3: Integrating Self-Care into Daily Practice

What barriers stop you from practicing self-care? (e.g., workload, guilt, lack of time, etc.)

One small, manageable self-care habit I will implement this week is:

Who will hold me accountable for maintaining my self-care plan?

 **Tip:** Self-care is an ethical responsibility, not an indulgence—burnout impacts the quality of care you provide to clients.