

self care goal setting

This worksheet is a simple tool designed to assist you in developing your personal skills to better manage your current situation.

If you are having problems understanding the content of the worksheet or with the topic and would like further support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Looking after yourself is one of the most important contributions you can make to you, and to those you love. Self-care means taking responsibility for your own well being. It allows you to 'monitor' yourself, so you can be in control of reactions and behaviours.

In order to look after yourself, it is important to set small goals. It's good to keep a track of whether you have actually followed through with the goal or activity.

Each of the suggestions below is an example of an activity of self care. Of course, there are many other ways you can look after yourself, too.

- Structure time for yourself (*don't expect self care to just 'happen.'* Put time in your diary to do something for yourself).
- Do something you used to enjoy (*dust off the fishing rod, revive a hobby*).
- Join a club such as *community sporting and social clubs*.
- Choose to eat healthy food (*fruit and vegies don't need a lot of cooking*).
- Choose not to use alcohol or drugs (*they can actually make things worse*).

- Rest (*make sure you are making time for adequate sleep*). If sleep is an issue, see the worksheet on sleep.
- Get some exercise (*it WILL make you feel better and sleep better*).
- Visit your Doctor if you aren't feeling well. Don't put it off, and remember that you may have to wait for an appointment.
- Find someone you can talk to such as a friend, relative, counsellor or your Employee Assistance Program. Talk it over. You are not a pest. If a friend or relative were going through a rough patch, wouldn't you hope they would come to you?

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Exercise

Choose a couple of the goals from the list above or you own, and work them into your goal action plan below. Remember to break each goal down into smaller achievable goals to get there.

Example of a goal action plan

Main self-care goal	How to do it (smaller goals)	How do I know I have achieved it?	What I will do this week?	Did I achieve what I said I would do?
Eat healthy food	Go to grocery store	More healthy meals	Find some recipes	√
	Make time to cook	Less take away	Do a budget and write a shopping list	√

Your self-care goal action plan

Goal	How to do it	How do I know I have achieved it?	What I will do this week?	Did I achieve what I said I would do?

This worksheet is part of a series on anger management, communication and self care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78.

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