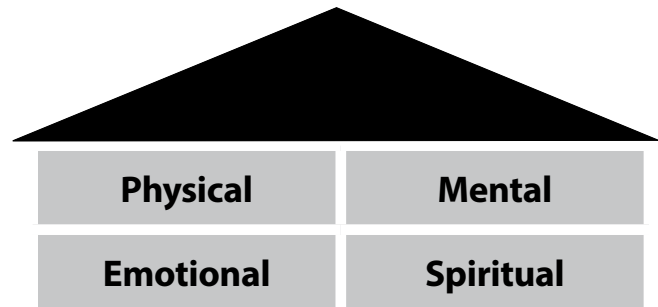


## Self-Care Planning

*"And unless we go into every room every day, even if only to keep it aired, We are not a complete person."*

— Rumer Godden



### Stress-Connected Symptoms

*Modified from Communication in Palliative Nursing by Betty Ferrell, Joy Goldsmith, Sandra L. Ragan and Elaine Wittenberg-Lyles, Chapter 9 in the book, Communicating Self-Care Needs*

Physical	Spiritual	Mental/Cognitive	Emotional
<input type="checkbox"/> tension	<input type="checkbox"/> chronic cynicism	<input type="checkbox"/> forgetfulness	<input type="checkbox"/> pronounced mood swings
<input type="checkbox"/> accident-prone	<input type="checkbox"/> needing to "prove" oneself	<input type="checkbox"/> poor concentration	<input type="checkbox"/> frequent irritability
<input type="checkbox"/> teeth grinding	<input type="checkbox"/> apathy	<input type="checkbox"/> confusion	<input type="checkbox"/> crying spells
<input type="checkbox"/> restlessness	<input type="checkbox"/> loss of direction in life	<input type="checkbox"/> "spacing out"	<input type="checkbox"/> lashing out

### Self-Care Planning–Analysis

	Self-care solution	If you have tried it, is it helpful?	If you have not tried it, why?
<b>Physical</b>	1.		
	2.		
	3.		
	4.		
<b>Spiritual</b>	1.		
	2.		
	3.		
	4.		

*Modified from Communication in Palliative Nursing by Betty Ferrell, Joy Goldsmith, Sandra L. Ragan and Elaine Witttenberg-Lyles, Chapter 9 in the book, Communicating Self-Care Needs*

**Self-Care Planning–Analysis**

	<i>Self-care solution</i>	<i>If you have tried it, is it helpful?</i>	<i>If you have not tried it, why?</i>
<b>Mental/Emotional, Cognitive</b>	1.		
	2.		
	3.		
	4.		

**Daily Self-Care Plan Template**

Physical	
Spiritual	
Mental/ Emotional, Cognitive	