



Self-Care Worksheet

Step 1

The first step in self-care is identifying what you would normally do to cope with life's stresses. It can be helpful to list the strategies you use and consider whether they feel helpful or unhelpful right now. Try not to be too hard on yourself and be as honest as you can. This stage of life can feel especially challenging.

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	Unhelpful strategies
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Step 2

The next step is to think about what you need right now to help you feel a little better. For example, you might want to reduce feelings of isolation, move your body, or reconnect with friends.

What do I need right now to feel better

fact sheet

A Self-Care Worksheet For Expectant & New Parents



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Step 3

Now consider what you can change right now to make space for more self-care. For example, you might schedule a regular time for self-care each day, switch off screens an hour before bed, or talk with your partner and children about what you need.

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

Step 4

Focusing on the strategies that feel most helpful, choose your three favourites and add them to the weekly schedule below. See if you can stick to your plan, then take some time at the end of the week to reflect on how it went.

My three favourite strategies

1 _____

2 _____

3 _____

Reflection

- Did you manage to do them? If yes, did you notice any difference in how you felt?
- If not, gently think about why. You may need to change when, how or what you planned. Make a new plan for the following week and review it again at the end of the week.
- You may also like to add some new self-care ideas to keep things feeling fresh and help maintain motivation. 🌸