

US, A4
& A5

Self-Care Tracker

Portrait
&
Landscape

Landscape Version
Weekly, Monthly, Yearly Self Care Sections

Self Care Tracker
WE ENJOY REMINDING TO TAKE CARE OF MYSELF

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understand the difference between self indulgence and self care Yes ____ No ____ 8 Do you feel like you deserve self care Yes ____ No ____

PART 2

1 Do you say yes to others requests when you are definitely feeling a no instead Yes ____ No ____ 2 Do you worry about everyone else but not about yourself Yes ____ No ____ 3 Do you do things that you really don t want to do or that will overextend you Yes ____ No ____ 4 Are you regularly tired and feel like you are burning the candle from both ends Yes ____ No ____ 5 Could Stress be your new middle name Yes ____ No ____ 6 Are you overwhelmed more often than not Yes ____ No ____ 7 Do you suffer from headaches Yes ____ No ____ 8 Do you suffer from insomnia Yes ____ No ____ 9 Are you chronically tired and have a lack of energy Yes ____ No ____ 10 Do you crave and eat junk food often and especially during times of stress Yes ____ No ____

Score Your Results

A Part 1 Each NO answer 1 point Each YES answer 0 points **Total Score Part 1** _____

B Part 2 Each NO answer 0 points Each YES answer 1 point **Total Score Part 2** _____

C Add up both scores for Part 1 and Part 2 **Total Score Part 1 Part 2** _____

RESULTS If you scored 6 or more points you can benefit from addressing your self care practices and making a self care plan The higher your point value the more imperative it is that you address your self care needs

Adult Psychotherapy Homework Planner David J. Berghuis, 2016-03-28 Features new and updated assignments and exercises to meet the changing needs of mental health professionals The Adult Psychotherapy Homework Planner Fifth Edition provides you with an array of ready to use between session assignments designed to fit virtually every therapeutic mode This easy to use sourcebook features 92 ready to copy exercises covering the most common issues encountered by adult clients including such problems as chronic pain family conflict and anxiety A quick reference format the interactive assignments are grouped by behavioral problems including depression low self esteem panic dependency eating disorders and phase of life problems Expert guidance on how and when to make the most efficient use of the exercises Assignments cross referenced to The Complete Adult Psychotherapy Treatment Planner Fifth Edition so you can quickly identify the right exercises for a given situation or problem All exercises are available online for you to download and customize to suit you and your clients unique styles and needs

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The Birth Partner's Quick Reference Guide and Planner Penny Simkin, 2020-01-21 This is a shorter version of the classic bestseller The Birth Partner ideal for time pressed parents partners and birthing professionals It is a convenient and easy to use book that provides facts on the fly during the ultra busy period before during and after labor and birth An added planner keeps your plans and to dos in one place Generations of spouses and partners as well as doulas nurses midwives and other professionals have relied on Penny Simkin's warm and wise guidance in caring for the new mother from the last trimester through the early postpartum period Her book The Birth Partner is the definitive guide to helping a woman through labor and birth and The Birth Partner's Quick Reference Guide and Planner is a more concise version of that book For those who have the original book it adds a planner component for hospital or at home birth plans and for other essential to dos It is full of reliable and up to date information on Preparing for labor and for the new baby Ways to help a woman through each stage of labor and birth Pain relief measures including epidurals and medications as well as natural techniques Ways to induce or speed up labor Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room this is the essential book to have on hand

The Oxford Handbook of Urban Planning Randall Crane, Rachel Weber, 2015 Why plan How and what do we plan Who plans for whom These three questions are then applied across three major topics in planning States Markets and the Provision of Social Goods The Methods and Substance of Planning and Agency Implementation and Decision

Making **Migrant and Seasonal Farmworker Housing in the United States** United States. Congress. House. Committee on Banking, Finance, and Urban Affairs. Subcommittee on Housing and Community Development, 1982 *The Adolescent Psychotherapy Progress Notes Planner* David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2014-03-12 Save hours of time consuming paperwork with the bestselling therapist's resource *The Adolescent Psychotherapy Progress Notes Planner* Fifth Edition contains more than 1 000 complete prewritten session and patient descriptions for each behavioral problem in *The Adolescent Psychotherapy Treatment Planner* Fifth Edition The prewritten notes can be easily and quickly adapted to fit a particular client need or treatment situation The Fifth Edition Provides an array of treatment approaches that correspond with the behavioral problems and new DSM 5 diagnostic categories in the corresponding companion *Treatment Planner* Organizes treatment for over 30 main presenting problems including conduct disorder chemical dependence low self esteem suicidal ideation ADHD sexual acting out and eating disorders Provides over 1 000 prewritten progress notes summarizing patient presentation and treatment delivered Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including The Joint Commission COA CARF and NCQA Saves clinicians hours of time consuming paperwork yet offers the freedom to develop customized progress notes Presents new and update information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA

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