

Parent Self-Care Plan

Build care that is realistic enough to actually happen.

Area	What helps me	One realistic action
Physical	_____	_____
Emotional	_____	_____
Relational	_____	_____
Spiritual / meaning	_____	_____
Fun / restoration	_____	_____
Practical support	_____	_____

My minimum viable self-care

On a hard week, what 2–3 small things help me stay grounded?

One boundary that protects my capacity

What do I need to say no to, limit, or ask for help with?

This week I will...

Choose one action and put it on the calendar.

Keep the Next Step Small

Family change usually comes from repeated, workable adjustments—not one perfect conversation. Pick one worksheet, test one change, notice what happens, and revise.

The tool we are starting with

The change we are testing this week

What we will look for

How will we know we are moving in a helpful direction?

Ethos Shoreline Resource Library