

# MY NURSING CARE PLAN

# MAINTAINING WORK-LIFE BALANCE

*Use this quick care plan to make sure you are on the right track to meet your goals!*

## 1 ASSESSMENT

- When's the last time I had a physical exam?
- Am I due for any immunizations or screenings?
- Am I seeing my family and friends?
- Do I have time to do things that bring me joy?
- How is my stress level?

## 2 NURSING DIAGNOSES

\*Readiness for enhanced self-health management related to identifying my own health care needs.

\*Readiness for enhanced self-care related to maintaining personal relationships and managing stress.

## 3 PLANNING

- Look back at my own medical records and make a list of what screenings and immunizations are recommended based on my age and medical and family history.
- Update my calendar with my work schedule and upcoming social events. Schedule “me-time” too!
- Think about how I best deal with stress. Is it a yoga class? Reading? Being outdoors? Find activities to meet my stress-relief needs.

## 4 IMPLEMENTATION

- Schedule appointments and screenings.
- Stick to my schedule, as best as I am able.
- Sign up for a class, gym, or other activities that help me manage stress. Remain committed to these endeavors.



## 5 EVALUATION



*Revisit this care plan throughout the year and fill this in. Ongoing evaluation and revisions are key components to meeting my goals.*