

Self-Care Assessment

Self-care=activities and practices that we can engage in on a regular basis to reduce stress and maintain or enhance our health and well-being. Complete this assessment to reflect on your current self-care strategies. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself.

The more self-care strategies you use regularly, you can prevent feeling overwhelmed and burned out.

Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

Physical Self-Care

Eat regularly (e.g. breakfast, lunch, and dinner)

Eat healthy foods

Exercise

Get regular medical care for prevention

Get medical care when needed

Take time off when sick

Get massages

Dance, swim, walk, run, play sports, sing, or do some other fun physical activity

Take time to be sexual - with myself, with a partner

Get enough sleep (7-8 hours is recommended)

Wear clothes I like and feel comfortable in

Take vacations: several days to a full week away from home or off of paid work/school work

Other:

Psychological Self-Care

Take day trips or mini-vacations; visit fun places outside of my regular routine

Make time away from technology: phones, email, and the Internet

Make time for self-reflection

Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings

Go to visit a counselor or attend a support group

Write in a journal

Read literature (books, magazines, online, etc.) that is unrelated to work

Do something at which I am not expert or in charge

Focus on minimizing stress in my life

Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre

Say no to extra responsibilities sometimes

Other:

Emotional Self-Care

Spend time with others whose company I enjoy

Stay in contact with important people in my life

Give myself affirmations; praise myself for work well done

Love myself, appreciate who I am

Re-read favorite books, re-view favorite movies

Identify comforting activities, objects, people, places and seek them out

Allow myself to cry

Find things that make me laugh

Express my outrage in social action, letters, donations, marches, protests

Other:

Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish my optimism and hope
- Be aware of non-material aspects of life
- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks, music
- Other:

Relationship Self-Care

- Schedule regular dates with my boyfriend, girlfriend, partner or spouse
- Schedule regular activities with children in my life, if applicable
- Make time to see friends
- Call, check on, or see my relatives
- Spend time with my companion animals/pets
- Stay in contact with faraway friends
- Make time to reply to personal messages: texts, voicemails, emails and letters
- Allow others to do things for me
- Enlarge my social circle
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Other:

Workplace or Professional Self-Care

- Take a break during the school day/workday (e.g., lunch, visit friends)
- Take time to chat with other students/friends/co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Balance my work tasks so that no one day or part of a day is "too much"
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation
- Have a peer support group: group of peers I can share work frustrations and successes with

Other Areas of Self-Care that are Relevant to You

- _____
- _____
- _____

When you are finished with this assessment, look for patterns in your responses:

Are you more active in some areas of self-care, but ignore others?

Are there items on the list that make you think, "I would never do that?" or "I would like to try that?"

Listen to your inner responses, your internal dialogue about self-care and making yourself a priority!