

Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. 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 these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

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
- ?** = This never occurred to me

Physical Self-Care

- | | |
|---|--|
| <input type="checkbox"/> Eat regularly (breakfast, lunch, and dinner) | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Get regular medical care for prevention | <input type="checkbox"/> Eat healthily |
| <input type="checkbox"/> Get medical care when needed | <input type="checkbox"/> Get massages |
| <input type="checkbox"/> Take time off when sick | <input type="checkbox"/> Take vacations |
| <input type="checkbox"/> Wear clothes I like | <input type="checkbox"/> Get enough sleep |
| <input type="checkbox"/> Do some fun physical activity | <input type="checkbox"/> Do some fun artistic activity |
| <input type="checkbox"/> Think positive thoughts about my body | <input type="checkbox"/> (Other) _____ |

Psychological Self-Care

- | | |
|---|---|
| <input type="checkbox"/> Take day trips or mini-vacations | <input type="checkbox"/> Make time for self-reflection |
| <input type="checkbox"/> Have my own personal psychotherapy | <input type="checkbox"/> Write in a journal |
| <input type="checkbox"/> Make time away from technology/internet | <input type="checkbox"/> Attend to minimizing life stress |
| <input type="checkbox"/> Read something unrelated to work | <input type="checkbox"/> Be curious |
| <input type="checkbox"/> Notice my thoughts, beliefs, attitudes, feelings | <input type="checkbox"/> Say no to extra responsibilities |
| <input type="checkbox"/> Engage my intelligence in a new way or area | <input type="checkbox"/> Be okay leaving work at work |
| <input type="checkbox"/> Do something at which I am not expert | <input type="checkbox"/> (Other) _____ |

Emotional Self-Care

- | | |
|---|---|
| <input type="checkbox"/> Spend time with people whose company I enjoy | <input type="checkbox"/> Love myself |
| <input type="checkbox"/> Stay in contact with important people in my life | <input type="checkbox"/> Allow myself to cry |
| <input type="checkbox"/> Re-read favorite books, re-view favorite movies | <input type="checkbox"/> Give myself affirmation/praise |
| <input type="checkbox"/> Identify and seek out comforting activities/places | <input type="checkbox"/> Find things that make me laugh |
| <input type="checkbox"/> Express my outrage in social action or discussion | <input type="checkbox"/> (Other) _____ |