

# Self-Care Assessment

**Self-care** activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

<b>1</b>	I do this poorly	I do this rarely or not at all
<b>2</b>	I do this OK	I do this sometimes
<b>3</b>	I do this well	I do this often
<b>★</b>	I would like to improve at this	I would like to do this more frequently

## 1 2 3 ★ **Physical Self-Care**

- Eat healthy foods
- Take care of personal hygiene
- Exercise
- Wear clothes that help me feel good about myself
- Eat regularly
- Participate in fun activities (e.g. walking, swimming, dancing, sports)
- Get enough sleep
- Go to preventative medical appointments (e.g. checkups, teeth cleanings)
- Rest when sick
- Overall physical self-care

# Self-Care Assessment

## 1 2 3 ★ Psychological / Emotional Self-Care

- |                          |                          |                          |                          |   |
|--------------------------|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Take time off from work, school, and other obligations                        |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Participate in hobbies  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Get away from distractions (e.g. phone, email)                                |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Learn new things, unrelated to work or school                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Express my feelings in a healthy way (e.g. talking, creating art, journaling) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Recognize my own strengths and achievements                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Go on vacations or day-trips  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do something comforting (e.g. re-watch a favorite movie, take a long bath)    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Find reasons to laugh   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Talk about my problems  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Overall psychological and emotional self-care                                 |

## 1 2 3 ★ Social Self-Care

- |                          |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spend time with people who I like                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Call or write to friends and family who are far away |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Have stimulating conversations                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Meet new people                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spend time alone with my romantic partner            |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ask others for help, when needed                     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do enjoyable activities with other people            |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Have intimate time with my romantic partner          |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Keep in touch with old friends                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Overall social self-care                             |

# Self-Care Assessment

## 1 2 3 ★ Spiritual Self-Care

Spend time in nature

Meditate

Pray

Recognize the things that give meaning to my life

Act in accordance with my morals and values

Set aside time for thought and reflection

Participate in a cause that is important to me

Appreciate art that is impactful to me (e.g. music, film, literature)

Overall spiritual self-care

## 1 2 3 ★ Professional Self-Care

Improve my professional skills

Say “no” to excessive new responsibilities

Take on projects that are interesting or rewarding

Learn new things related to my profession

Make time to talk and build relationships with colleagues

Take breaks during work

Maintain balance between my professional and personal life

Keep a comfortable workspace that allows me to be successful

Advocate for fair pay, benefits, and other needs

Overall professional self-care