**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.

**Instructions:**

* Circle any activities that you already do
* Put a **+** by anything you want to do more of
* Put a **\*** by any activities you’d like to try

# Physical Self-Care

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

\_\_\_\_ Eat healthfully

\_\_\_\_ 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

\_\_\_\_ Get enough sleep

\_\_\_\_ Wear clothes I like

\_\_\_\_ Take vacations

# Psychological Self-Care

\_\_\_\_ Take day trips or mini-vacations

\_\_\_\_ Make time away from phone, email, and the Internet

\_\_\_\_ Make time for self-reflection

\_\_\_\_ Notice my inner experience - listen to my thoughts and feelings

\_\_\_\_ Talk with a therapist

\_\_\_\_ Write in a journal

\_\_\_\_ Read literature that is unrelated to work

\_\_\_\_ Do something at which I am not expert or in charge

\_\_\_\_ Attend to minimizing stress in my life

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

\_\_\_\_ Be curious

\_\_\_\_ Say no to extra responsibilities sometimes

# 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

\_\_\_\_ Love myself

\_\_\_\_ 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

# 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

\_\_\_\_ Try at times not to be in charge or the expert

\_\_\_\_ 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

# Relationship Self-Care

\_\_\_\_ Schedule regular dates with my partner or spouse

\_\_\_\_ Schedule regular activities with my children or children in my life

\_\_\_\_ Make time to see friends

\_\_\_\_ Call, check on, or see my relatives

\_\_\_\_ Spend time with pets

\_\_\_\_ Stay in contact with faraway friends

\_\_\_\_ Make time to reply to personal emails and letters; send holiday cards

\_\_\_\_ 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

# Workplace or Professional Self-Care

\_\_\_\_ Take a break during the workday (e.g., lunch)

\_\_\_\_ Take time to chat with co-workers

\_\_\_\_ Make quiet time to complete tasks

\_\_\_\_ Identify projects or tasks that are exciting and rewarding

\_\_\_\_ Set limits with clients and colleagues

\_\_\_\_ Balance my workload so that no one day or part of a day is “too much”

\_\_\_\_ Arrange workspace so it is comfortable and comforting

\_\_\_\_ Get regular supervision

\_\_\_\_ Negotiate for my needs (benefits, pay raise)

\_\_\_\_ Have a peer support group

\_\_\_\_ Develop new areas of professional interest