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!