Student Self-Care Assessment

What is Self-Care?
Self-care are the activities and practices that we can engage in on a regular basis to reduce stress and maintain or enhance our health and well-being.

Directions
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. When you use many self-care strategies regularly, you can prevent feeling overwhelmed and burned out. 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!

Assessment
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
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**
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**
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, and 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**
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:

**Relationships**
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/Professional**
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:

Sources