

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

___ Eat regularly (breakfast, lunch, and dinner)

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when sick

___ Wear clothes I like

___ Do some fun physical activity

___ Think positive thoughts about my body

___ Exercise

___ Eat healthily

___ Get massages

___ Take vacations

___ Get enough sleep

___ Do some fun artistic activity

___ (Other) _____

Psychological Self-Care

___ Take day trips or mini-vacations

___ Have my own personal psychotherapy

___ Make time away from technology/internet

___ Read something unrelated to work

___ Notice my thoughts, beliefs, attitudes, feelings

___ Engage my intelligence in a new way or area

___ Do something at which I am not expert

___ Make time for self-reflection

___ Write in a journal

___ Attend to minimizing life stress

___ Be curious

___ Say no to extra responsibilities

___ Be okay leaving work at work

___ (Other) _____

Emotional Self-Care

___ Spend time with people whose company I enjoy

___ Stay in contact with important people in my life

___ Re-read favorite books, re-view favorite movies

___ Identify and seek out comforting activities/places

___ Express my outrage in social action or discussion

___ Love myself

___ Allow myself to cry

___ Give myself affirmation/praise

___ Find things that make me laugh

___ (Other) _____

Spiritual Self-Care

- Make time for reflection
- Find a spiritual connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational
- Spend time in nature
- Be open to inspiration
- Cherish my optimism and hope
- Be open to knowing
- Meditate
- Find time for prayer or praise
- Have experiences of awe
- (Other) _____

Relationship Self-Care

- Schedule regular dates with my partner
- Call, check on, or see my relatives
- Share a fear, hope, or secret with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Allow others to do things for me
- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Enlarge my social circle
- Spend time with animals
- (Other) _____

Workplace or Professional Self-Care

- Take time to chat with coworkers
- Identify projects/tasks that are exciting
- Balance my load so that nothing is "way too much"
- Arrange work space to be comfortable
- Get regular supervision or consultation
- Negotiate/advocate for my needs
- Make quiet time to work
- Take a break during the day
- Set limits with my boss/peers
- Have a peer support group
- Identify rewarding tasks
- (Other) _____

Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) _____
- (Other) _____
- (Other) _____