

# Self-Care Assessment

Self-care activities are the things that we do to maintain our mental, physical, and spiritual well-being. You'll find that many of the activities listed below are ones that you already do in your daily routine.

In this assessment, you will reflect on how well and how frequently you do each of these activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas that need more attention.

There may be activities on this list that you have no interest in or activities that you can think of that aren't on this list at all. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

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

<b>1</b>	<b>2</b>	<b>3</b>	<b>★</b>	<b>Physical Self-Care</b>
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				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. crafts, swimming, dancing, playing games)
				Get enough sleep Go to preventative medical appointments (e.g. doctor, dentist, chiropractor)
				Rest when sick
				Overall physical self-care
				Insert your own:
				Insert your own:



<b>1</b>	<b>2</b>	<b>3</b>	<b>★</b>	<b>Psychological / Emotional Self-Care</b>
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				Take time off of work, school or other obligations
				Participate in hobbies
				Get away from distractions (e.g. phone and email)
				Learn new things unrelated to work or school
				Express my feelings in a healthy way (e.g. talking, creating, art, journaling)
				Participate in fun activities (e.g. crafts, swimming, dancing, playing games)
				Recognize my own strengths and achievements
				Go on vacations or day trips
				Do something comforting (e.g. watch a movie, take a long bath, wear comfy socks or slippers)
				Find reasons to laugh
				Talk about my problems
				Overall emotional and psychological self-care
				Insert your own:
				Insert your own:

<b>1</b>	<b>2</b>	<b>3</b>	<b>★</b>	<b>Social Self-Care</b>
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				Spend time with people who I like
				Call or write to friends or family who are far away
				Have stimulating conversations
				Meet new people
				Spend time alone with my romantic partner
				Ask others for help when needed
				Do enjoyable activities with other people
				Have intimate time with my romantic partner
				Keep in touch with old friends
				Overall social self-care
				Insert your own:



				Insert your own:

<b>1</b>	<b>2</b>	<b>3</b>	<b>★</b>	<b>Spiritual Self-Care</b>
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				Spend time in nature
				Meditate
				Pray
				Recognize 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. movies, films, paintings, literature)
				Overall spiritual self-care
				Insert your own:
				Insert your own:

<b>1</b>	<b>2</b>	<b>3</b>	<b>★</b>	<b>Professional Self-Care</b>
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				Improve my professional skills
				Say “no” to excessive, new responsibilities
				Take on projects that are interesting or rewarding
				Learn new things that are related to my profession



				Take 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
				Declutter my desk and remove distractions
				Advocate for fair pay, benefits and other needs
				Overall professional self-care
				Insert your own:
				Insert your own:

