

SELF-CARE ASSESSMENT WORKSHEET

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the assessment, you can move on to developing a full self-care plan.

Using the scale below, rate the following areas in terms of frequency:
5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me

Physical Self-Care

- _____ Eat regularly (e.g. breakfast, lunch and dinner)
- _____ Eat healthy
- _____ Exercise
- _____ Get regular medical care for prevention
- _____ Get medical care when needed
- _____ Take time off when needed
- _____ Get massages
- _____ Dance, swim, walk, run, play sports, or do some other physical activity that is fun
- _____ Take time to be sexual—with yourself, with a partner
- _____ Get enough sleep
- _____ Wear clothes you like
- _____ Take day trips or mini-vacations
- _____ Other:

Emotional Self-Care

- _____ Spend time with others whose company you enjoy
- _____ Stay in contact with important people in your life
- _____ Give yourself affirmations, praise yourself
- _____ Love yourself
- _____ Re-read favorite books, re-view favorite movies
- _____ Identify comforting activities, objects, people, relationships, places and seek them out
- _____ Allow yourself to cry
- _____ Find things that make you laugh
- _____ Express your outrage in social action, letters and donations, marches, protests
- _____ Play with children
- _____ Other:

Psychological Self-Care

- _____ Make time for self-reflection
- _____ Have your own personal psychotherapy
- _____ Write in a journal
- _____ Read literature that is unrelated to school
- _____ Let others know different aspects of you
- _____ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- _____ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, theater performance
- _____ Practice receiving from others
- _____ Be curious
- _____ Say “no” to extra responsibilities sometimes
- _____ Other:

Spiritual Self-Care

- _____ Make time for reflection
- _____ Spend time with nature
- _____ Find a spiritual connection or community
- _____ Be open to inspiration
- _____ Cherish your optimism and hope
- _____ Be aware of nonmaterial aspects of life
- _____ Try at times not to be in charge or the expert
- _____ Be open to not knowing
- _____ Identify what is meaningful to you and notice its place in your life
- _____ Have experiences of awe
- _____ Read inspirational literature (talks, music, etc.)
- _____ Other:

DEVELOP A SELF-CARE PLAN

1. List the self-care habits you are using now to manage stress and stay healthy: *(I get at least 8 hours of sleep at night)*

2. List the self-care habits you would like to use but are not currently practicing: *(Practicing yoga regularly)*

3. Identify the obstacles keeping you from practicing these habits: *(I don't practice yoga regularly because I don't have the time to)*

4. What solutions can you come up with to address the obstacles you listed: *(I could free up time for myself by watching less TV or waking up earlier)*

5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...