

SELF CARE ASSESSMENT

NAME: _____

Rate the following areas in frequency:

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

A. Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner) _____
- Eat healthily _____
- Exercise _____
- Get regular medical check-ups _____
- Take time off when sick _____
- Get Massages _____
- Physical activity (dance, walk, play sports) _____
- Take time to be sexual _____
- Get enough sleep _____
- Take vacations _____
- Take day trips _____
- Make time away from the phone _____
- Go to the country/be in nature _____
- Time for rest _____

Other: _____

B. Psychological Self-Care

- Make time for self-reflection _____
- Meditate _____
- Write in a journal _____
- Read books unrelated to work _____
- Learn something new (language, activity) _____
- Practice receiving from others _____
- Notice your inner experience (thoughts, feelings) _____
- Engage your creative side (art, theatre, music) _____
- Identify something you are passionate about _____
- Cultivate a new interest _____

Other: _____



C. Emotional Self-Care

- Spend time with friends / family you enjoy _____
- Stay in touch with important people in your life _____
- Identify your strengths _____
- Praise yourself _____
- Praise others _____
- Express your outrage in social action, letters, donations, marches and protests _____
- Identify comforting activities, places _____
- Laugh (movies, shows, friends) _____
- Allow yourself to cry _____

- Other: _____

D. Spiritual Self-Care

- Notice what brings feelings of awe (magic tricks, sunsets) _____
- Notice what brings feelings of inspiration (music, poetry) _____
- Focus your optimism and hope _____
- Identify the non-materialistic in your life _____
- Be open to not knowing (cultivate beginners mind) _____
- Pray or meditate _____
- Sing _____
- Find a spiritual connection in your community _____
- Find a spiritual connection within yourself _____
- Spend time being quiet (in quiet environment) _____
- Other: _____

E. Workplace/Professional Self-Care

- Eat lunch outside of your office _____
- Take a break during the workday _____
- Make quiet time to complete tasks _____
- Identify projects that are rewarding/exciting _____
- Arrange a comfortable work space _____
- Negotiate for your needs (benefits, pay raise) _____
- Communicate with your co-workers & supervisor _____

- Other: _____

