**Self-Care Assessment Worksheet**

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will work to improve.

Using the scale below, rate the items in terms of frequency:

4-Frequently 3-Occasionally 2-Rarely 1-Never

**PHYSICAL CARE**

\_\_\_\_\_ Eat regularly-two to three balance meals per day

\_\_\_\_\_ Eat healthy food

\_\_\_\_\_ Get regular preventive medical care

\_\_\_\_\_ Get medical care when problems arise

\_\_\_\_\_ Take time off when needed

\_\_\_\_\_ Do regular physical activity that you enjoy \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Get enough sleep

\_\_\_\_\_Take vacations

\_\_\_\_\_ Take day trips or mini-vacations

\_\_\_\_\_ Take time away from electronics

\_\_\_\_\_ Stretch, do yoga, get massages or other treatments that enhance flexibility

**PSYCHOLOGICAL SELF CARE**

\_\_\_\_\_ Make time for self-reflection

\_\_\_\_\_ Have your own psychotherapy

\_\_\_\_\_ Write in a journal

\_\_\_\_\_ Read literature unrelated to work

\_\_\_\_\_ Do something that you are not good at or in charge of

\_\_\_\_\_ Take active steps to reduce your stress \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Share different aspects of yourself with others

\_\_\_\_\_ Be curious

\_\_\_\_\_ Say “No” to extra responsibilities sometimes

\_\_\_\_\_ Practice receiving from others

\_\_\_\_\_ Notice your inner experience-listen to your thoughts, judgements, beliefs, attitude and feelings

**EMOTIONAL SELF CARE**

\_\_\_\_\_ Spend time with others whose company you enjoy

\_\_\_\_\_ Stay in contact with important people in your life

\_\_\_\_\_ Give yourself affirmations and praise

\_\_\_\_\_ Love yourself

\_\_\_\_\_ Allow yourself to cry or grieve for your losses

\_\_\_\_\_ Identify people, things, activities, and places that soothe you and seek them out \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Find things and people that make you laugh

\_\_\_\_\_Express your outrage or support through social action, letters, donations, marches

\_\_\_\_\_ Play-with children, animals, or like-minded adults

\_\_\_\_\_Re-read favorite books or re-watch favorite movies

\_\_\_\_\_ Allow yourself to sit with and feel your feelings without judgement

**SPIRITUAL SELF CARE**

\_\_\_\_\_ Take quiet time for reflection

\_\_\_\_\_ Spend time in nature

\_\_\_\_\_ Find a spiritual connection or community

\_\_\_\_\_ Be open to inspiration

\_\_\_\_\_ Cherish your optimism and hope

\_\_\_\_\_ Be appreciative of non-material things in life \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ Try at times not to be in charge or the expert

\_\_\_\_\_ Meditate

\_\_\_\_\_ Pray or indulge in spiritual practices

\_\_\_\_\_ Read or listen to inspirational material

\_\_\_\_\_ Practice a gratitude ritual

**WORKPLACE OR PROFESSIONAL SELF-CARE**

\_\_\_\_\_ Take a break during the workday

\_\_\_\_\_ Take time to connect with co-workers

\_\_\_\_\_ Make quiet time to complete teaks

\_\_\_\_\_ Set limits with your clients and colleagues

\_\_\_\_\_ Balance your caseload so no one day or part of a day is too much

\_\_\_\_\_ Arrange your workspace so it is comfortable and comforting \_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_Have a peer support group

\_\_\_\_\_ Negotiate for your needs

\_\_\_\_\_ Strive for balance within your work life and workday

\_\_\_\_\_ Identify and seek out projects that are exciting and rewarding

\_\_\_\_\_ Develop an organizational system that works for you

In the chart below, list 2 ways you will practice self-care in each area, selecting from the sections. Choose areas that you want to improve.

**My Personal Self Care Plan**

|  |  |
| --- | --- |
| **PHYSICAL SELF-CARE** |  |
| **PSYCHOLOGICAL SELF-CARE** |  |
| **EMOTIONAL SELF-CARE** |  |
| **SPIRITUAL SELF-CARE** |  |
| **WORKPLACE SELF-CARE** |  |

|  |
| --- |
| **My top three positive coping strategies (list three strategies that you use or want to use regularly:**  **1.**  **2.**  **3.** |