



BioPsychoSocialSpiritual Assessment Questions

We all can get overwhelmed, and when we get to that point, it can be hard to remember what helps us feel better or even how we take care of ourselves. The following are some questions to be asking yourself (or others) when you (or they) are at a place of being overwhelmed and don't know (or afraid of) what to do next.

- **Biological (Body)**
 - Have you been drinking water? Can you drink some water now?
 - When is the last time you ate and what did you eat? Would it be helpful to eat something now?
 - Have you been getting at least 8 hours of sleep daily? If not, what tends to help you sleep?
 - When is the last time you slept? When can you sleep?
 - Have you taken a shower today? Can you? If not, can you wash your face and/or hands?
 - Do you have any medications you are supposed to be taking daily? Have you been taking them? If not, how does it affect you when you take them versus when you don't take them? Have you talked to your doctor about that?
 - Have you moved your body today (went on a walk, exercised, danced, etc.)? Can you?
 - Have you had an opportunity to go outside and breathe fresh air? Can you?
 - When is the last time you focused on your breath? Can you focus on taking 5 deep breaths? Check out different breathing exercises like 4, 4, 8 breathing!
 - What do you notice in your body? Are you able to safely give that attention while breathing?
- **Psychological (Brain)**
 - Do you have any mental health medications you are supposed to be taking daily? Have you taken those today? If not, how does it affect you when you take them versus when you don't take them? Have you talked to your doctor about that?
 - Do you have a therapist? Have you talked with them about these feelings? Have they offered any coping skills that are helpful?
 - What do you consider coping skills? Have you tried any of those? Have they worked?
 - On a 1-10 scale, how intense (10 being most intense) are your suicidal thoughts? How strong are they typically?
 - Can you use a feelings chart and name five feelings you're having?
 - Can you do the Rule of 5 Senses? Name 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. (This helps with GROUNDING - bringing you back to the present moment.)
 - Can you write out your thoughts?
 - Have you listened to music today? Can you listen to 1 song that feels like how you feel and 1 song that feels the opposite?



- Have you created any art today? What lets out your artistic side? Can you do that today or soon?
- Can you practice progressive muscle relaxation? (Be careful with those who have had body-based trauma)
- Can you practice mindfulness? (See mindfulness handout)
- **Social**
 - Have you had opportunities to talk with people you care about and/or who care about you?
 - When is the last time you went out in public? Is there a safe way you can do that today?
 - Who do you consider to be your community? When is the last time you were able to connect with your community? When is the next time?
 - What goals do you have set for yourself? Are they realistic? Can you set any small goals to help get to any bigger goals?
 - Where do you like going in public (i.e. movie theater, mall, park, basketball court, etc.)? Can you make any plans to go to any of those places soon?
- **Spiritual** *(Be careful with these questions - many have religious trauma and see spirituality and religion as similar things. If someone does not want to entertain these questions, be respectful and return to the above questions)*
 - Do you have any spiritual beliefs? What do you find helpful about those?
 - Have you practiced mindfulness?
 - If you pray, have you prayed recently?
 - Do you have a spiritual community? Have you recently connected with them? Can you?
 - If you have a history of spiritual practice but are not currently practicing, what did you like about practicing before? Are there any of those things that you can replicate to meet that spiritual need? (i.e. singing, reading, congregating with others)

When considering how to take care of yourself, remember that you are your biggest resource! You have the most experience taking care of your needs, it just sometimes takes some review of our history to remember how to do that. Reflect on times when you felt your best - what was going on at that time, and how could you get your needs met in a similar (safe/healthy) way now?

If you're helping someone else through these feelings, remind them that they are the expert and you are just curious as to how they have taken care of themselves in the past (because they have- they're here now, aren't they?).