

Self-Care Assessment

Rate the following areas according to frequency:

3 = I do this frequently

2 = I do this occasionally

1 = I rarely do this

0 = I never do this

___ Eat healthy meals regularly (breakfast, lunch, and dinner).

___ Engage in physical activity such as: dancing, swimming, walking, running, playing sports, going to the gym, pilates, or some other physical activity that is enjoyable.

___ Get 7-8 hours of quality sleep each night.

___ Take regular vacations, including day trips and mini vacations.

___ Get regular medical care and attention for prevention.

___ Make time for solitude and self-reflection.

___ Read self-development and self-help literature.

___ Demonstrate a healthy ability to say "no" to the request of others.

___ Communicate personal wants and needs clearly and with confidence.

___ Give and receive compliments with ease.

___ Express feelings freely (laugh, cry, get angry, be sad, etc.).

___ Participate in professional projects and tasks that are exciting and rewarding.

(Adapted from National Alliance on Mental Illness Self-Care Inventory)

Scoring

Calculate your Self-Care Assessment Score by adding each rating.

28-36 – You are doing a great job at self-care – keep it up.

18-27 – You seem to be neglecting some important aspect of self-care – let's talk. Request a discovery call.

17 and below – You are in serious need of self-care – let's work together. Request a discovery call www.drnichelleodette.com.