

SELF-CARE ASSESSMENT

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

1	2	3	★	Physical Self-Care
				Eat healthy foods
				Take care of personal hygiene
				exercise
				Wear clothes that help me feel good about myself
				Eat regularly
				Participate in fun activities (e.g. walking, swimming, dancing, sports)
				Get enough sleep
				Go to preventative medical appointments (e.g. checkups, teeth cleanings)
				Rest when sick

				Overall physical self-care
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1	2	3	★	Psychological / Emotional Self - Care
				Take time off from work, school, and other obligations
				Participate in hobbies
				Get away from distractions (e.g. phone, email)
				Learn new things, unrelated to work or school
				Express my feelings in a healthy way (e.g. talking, creating art, journaling)
				Recognize my own strengths and achievements
				Go on vacations or day trips
				Do something comforting (e.g. re-watch a favorite movie, take a long bath)
				Find reasons to laugh
				Talk about my problems
				Overall psychological and emotional self-care

1	2	3	★	Social Self-Care
				Spend time with people who I like
				Call or write to friends and family who are far away
				Have stimulating conversations
				Meet new people

				Spend time alone with my romantic partner
				Ask others for help, when needed
				Do enjoyable activities with other people
				Have intimate time with my romantic partner
				Keep in touch with old friends
				Overall social self-care

1	2	3	★	Spiritual Self-Care
				Spend time in nature
				Meditate
				Pray
				Recognize the things that give meaning to my life
				Act in accordance with my morals and values
				Set aside time for thought and reflection
				Participate in a cause that is important to me
				Appreciate art that is impactful to me (e.g. music, film, literature)
				Overall spiritual self-care

1	2	3	★	Professional Self-Care
				Improve my professional skills
				Say “no” to excessive new responsibilities

				Take on projects that are interesting or rewarding
				Learn new things related to my profession
				Make time to talk and build relationships with colleagues
				Take breaks during work
				Maintain a balance between my professional and personal life
				Keep a comfortable workspace that allows me to be successful
				Advocate for fair pay, benefits, and other needs
				Overall professional self-care