

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**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat healthy foods
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take care of personal hygiene
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Exercise
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wear clothes that help me feel good about myself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat regularly
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participate in fun activities (e.g. walking, swimming, dancing, sports)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get enough sleep
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to preventative medical appointments (e.g. checkups, teeth cleanings)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rest when sick
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Overall physical self-care

Self-Care Assessment

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 friend 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

Self-Care Assessment

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 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