

Self-Care Assessment

The following worksheet for assessing self-care is a list of ideas and suggestions. You do not have to be doing all of these things to be taking good care of yourself. You get to decide what is most important to you and what makes a real difference in the quality of your life. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more of in your life.

Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me or is not relevant for me

Emotional Self-Care

- Make time away from phones, email, the news, social media, and the internet
- Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- Make time for self-reflection and/or journaling
- Have my own personal psychotherapy
- Spend time in solitude
- Enjoy unstructured time
- Practice active rest (take breaks from screen time and do something calming or rejuvenating instead)
- Attend to minimizing stress in my life
- Say no to extra responsibilities sometimes
- Give myself affirmations, praise myself

- ___ Play, be silly, find things that make me laugh
- ___ Identify comforting activities, objects, people, places and seek them out
- ___ Allow myself to cry
- ___ Be honest about how I feel with trusted others
- ___ Express my outrage in social action, letters, donations, marches, protests
- ___ Other:

Physical Self-Care

- ___ Eat regularly (e.g. breakfast, lunch, and dinner)
- ___ Eat healthily
- ___ Drink enough water
- ___ Exercise
- ___ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- ___ Get regular medical care for prevention and when needed
- ___ Take time off when sick
- ___ Cultivate a positive body-image
- ___ Identify ways I enjoy caring for my body and do them regularly (e.g. use a foam roller, stretch, get my nails or hair done, take a hot shower or Epsom Salt bath)
- ___ Get massages
- ___ Use a Happy Light/Vitamin D lamp
- ___ Take time to be sexual - with myself, with a partner
- ___ Get enough sleep
- ___ Wear sunscreen
- ___ Hot tub, sauna, and/or cold plunge
- ___ Other:

Social Self-Care

- ___ Spend time with others whose company I enjoy
- ___ Stay in contact with important people in my life
- ___ Schedule regular dates with my partner or spouse

- _____ Schedule regular activities with my children
- _____ Make time to see friends
- _____ Call, check on, or see my relatives
- _____ Spend time with my companion animals
- _____ Stay in contact with faraway friends
- _____ Make time to reply to personal emails and letters; send holiday cards
- _____ Allow others to do things for me
- _____ Set healthy boundaries
- _____ Say "no" when I want to
- _____ Enlarge my social circle
- _____ Ask for help when I need it
- _____ Share a fear, hope, or secret with someone I trust
- _____ Other:

Intellectual Self-Care

- _____ Read literature that is unrelated to work or school
- _____ Do something at which I am not an expert or in charge
- _____ Engage my intelligence in a new area, (e.g., go to an art show, sports event, theater)
- _____ Be curious
- _____ Engage with perspectives that are different from my own
- _____ Maintain healthy study and work habits (take breaks, avoid procrastination, etc.)
- _____ Be open to not knowing
- _____ Accept failure as a part of learning
- _____ Ask questions
- _____ Challenge myself
- _____ Develop my own ideas, views, and opinions
- _____ Do brain teasers I enjoy (e.g. Wordle, Sudoku, crosswords, jigsaw puzzles, etc.)
- _____ Watch documentaries
- _____ Listen to podcasts
- _____ Play mental/strategy games like chess, checkers, or scrabble

_____ Other:

Spiritual Self-Care

_____ Make time for reflection

_____ Practice gratitude

_____ Spend time in nature

_____ Connect with a spiritual mentor or community

_____ Be open to inspiration

_____ Cherish my optimism and hope

_____ Be aware of non-material aspects of life

_____ Identify what is meaningful to me and notice its place in my life

_____ Meditate

_____ Pray

_____ Sing

_____ Make space for doubt

_____ Have experiences of awe

_____ Contribute to causes in which I believe

_____ Read inspirational literature or listen to inspirational talks, music

_____ Other:

Occupational Self-Care

_____ Take breaks during the school or work day (e.g. lunch)

_____ Take time to chat with classmates, teachers, or co-workers

_____ Connect with mentors

_____ Ask for help when I need it

_____ Make quiet time to complete tasks

_____ Balance work or school with other interests, activities, and relationships

_____ Ask for feedback from supervisors or teachers

_____ Identify projects, tasks, or assignments that are exciting and rewarding

_____ Set limits with classmates, clients, colleagues

- ___ Balance my responsibilities so that no one day or part of a day is "too much"
- ___ Arrange work or study space so it is comfortable and comforting
- ___ Get regular academic counseling, or supervision/consultation
- ___ Negotiate for my needs (accommodations, benefits, pay raise)
- ___ Have a peer support or study group
- ___ Develop an area of interest that is life-giving
- ___ Other:

Cultural Self-Care

- ___ Learn about my ethnic and cultural heritage
- ___ Be curious and open-minded about cultures different than my own
- ___ Learn about my ancestors and family history
- ___ Take a stand against injustice and oppression in a way that's meaningful to me
- ___ Spend time engaging in cultural practices that are important to me
- ___ Celebrate holidays that are important in my culture
- ___ Learn about holidays from other cultures
- ___ Enjoy ethnic foods
- ___ Wear clothing that is traditional in my culture
- ___ Practice speaking multiple languages if I can
- ___ Read diverse literature
- ___ Read in multiple languages if I can
- ___ Enjoy music and dance from my own and other cultures
- ___ Share my culture with others
- ___ Identify what blend of cultural values are important to me and live by them
- ___ Other:

Creative Self-Care

- ___ Enjoy art in different forms (visual art, music, poetry, etc.)
- ___ Take time to make art of my own (journal, paint, karaoke, etc.)
- ___ Build things

- _____ Craft
- _____ Design and redesign my space the way I like
- _____ Accept imperfection
- _____ Daydream
- _____ Wear clothes I like
- _____ Make playlists to fit different moods
- _____ Look through photos I took
- _____ Share my art with others
- _____ Create space for inspiration
- _____ Learn a new craft or art form
- _____ Get my hands dirty
- _____ Take breaks when I'm creating
- _____ Other:

Financial Self-Care

- _____ Maintain a mindset of abundance
- _____ Practice generosity
- _____ Treat myself once in a while
- _____ Take breaks from shopping
- _____ Understand the details of my financial situation
- _____ Create a budget that works for me
- _____ Educate myself about debt and investing
- _____ Plan for retirement
- _____ Make financial decisions that align with my values
- _____ Save
- _____ Utilize financial resources available to me (e.g. financial aid)
- _____ Say no to things I don't need or really want
- _____ Cancel recurrent charges for things I'm not using
- _____ Set financial goals
- _____ Set money aside for mandatory expenses (e.g. rent, utilities, groceries, tuition, gas,

buss pass, etc.) right away

_____ Other:

Environmental Self-Care

_____ Spend time outdoors/in nature

_____ Spend time in spaces that are relaxing to me

_____ Declutter

_____ Organize my space

_____ Clean to my comfort level

_____ Light a candle or use essential oils

_____ Make my bed

_____ Explore new places

_____ Make choices that align with my environmental values (compost, recycle, take public transit, use reusable shopping bags, fix broken things, limit what I buy, etc.)

_____ Garden

_____ Take care of a houseplant

_____ Get to know my neighbors

_____ Be aware of where my food and belongings come from

_____ Care for a pet

_____ Use my 5 senses to explore and enjoy my surroundings

_____ Other:

Overall Balance

_____ Strive for balance in my work/schoolwork, family, relationships, play, and rest

_____ Practice accepting myself as I am

Other Areas of Self-Care that are Relevant to You
