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

123 ★	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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123 ★	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 \star 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

Self-Care Assessment

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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 \star 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