## Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Add other areas of self-care that are relevant to you that may not be listed. Rate yourself on how often and/or how well you are currently taking care of yourself.

### Physical Self-Care
- ____ Eat regularly (i.e. breakfast, lunch, and dinner)
- ____ Eat healthily
- ___ Exercise
- ____ Get regular medical care for prevention
- ____ Get medical care when needed
- ____ Take time off when sick
- ____ Get massages
- ____ Engage in a fun physical activity (i.e. dance, swim, walk, run, play sports, sing, etc.)
- ____ Take time to be sexual with myself or a partner
- ____ Get enough sleep
- ____ Wear clothes I like
- ____ Take vacations
- ____ Other(s): 

### Emotional Self-Care
- ____ Spend time with others whose company I enjoy
- ____ Stay in contact with important people in my life
- ____ Give myself affirmations, praise myself
- ____ Re-read favorite books, re-view favorite movies
- ____ Identify comforting activities, objects, people, places and seek them out
- ____ Allow myself to cry
- ____ Find things that make me laugh
- ____ Express my outrage in social action, letters, donations, marches, protests
- ____ Other(s): 

### Social (Relationship) Self-Care
- ____ 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
- ____ Enlarge my social circle
- ____ Ask for help when I need it

### Intellectual (Psychological) Self-Care
- ____ Take day trips or mini-vacations
- ____ Make time away from telephones, email, and/or the internet
- ____ Make time for self-reflection
- ____ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- ____ Have my own personal psychotherapy
- ____ Write in a journal
- ____ Read literature that is unrelated to work
- ____ Do something at which I am not an expert
- ____ Attend to minimizing stress in my life
- ____ Engage my intelligence in a new area (i.e. go to an art show, sports event, theatre, etc.)
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<th><strong>Spiritual Self-Care</strong></th>
<th><strong>Occupational (Workplace / Professional) Self-Care</strong></th>
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| ____ Make time for reflection  
____ Spend time in nature (i.e. nearby park, beach, woods, etc.)  
____ Find a spiritual connection or community  
____ Be open to inspiration through books, movies, music, talks, other people  
____ Cherish my optimism and hope  
____ Be aware of non-material aspects of life  
____ Try at times not to be in charge or the expert  
____ Be open to not knowing  
____ Identify what is meaningful to me and notice its place in my life  
____ Meditate  
____ Pray  
____ Sing  
____ Have experiences of awe  
____ Contribute to causes in which I believe  | ____ Take a break during the workday (i.e. lunch away from my desk)  
____ Take time to chat with co-workers  
____ Make quiet time to complete tasks  
____ Identify projects or tasks that are exciting and rewarding  
____ Set limits with clients and colleagues  
____ Balance my caseload so that no one day or part of a day is “too much”  
____ Arrange my workspace so it is comfortable and/or comforting  
____ Get regular supervision, support, feedback, or consultation  
____ Negotiate for my needs (i.e. benefits, pay raises, etc.)  
____ Have a peer support group |

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care than others? Are there items on the list that make you think "I would never do that"? Listen to your internal dialogue, particularly noting anything you would like to include more in your weekly or daily routine.

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<th>Are you more active in some areas of self-care than others?</th>
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<td>What dimension (or dimensions) is/are a personal focus area for you?</td>
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How can you increasingly make yourself a priority, with this insight?
