

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, you can move on to developing a full self-care plan.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual with a partner
- Get enough sleep
- Wear clothes you like
- Take day trips or mini-vacations ____

Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to school
- Let others know different aspects of you
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, theater performance
- Practice receiving from others
- Be curious
- Say “no” to extra responsibilities sometimes ____

Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
 - Stay in contact with important people in your life
 - Give yourself affirmations, praise yourself
 - Love yourself
 - Re-read favorite books, re-view favorite movies
 - Identify comforting activities, objects, people, relationships, places and seek them out ____
- Allow yourself to cry
- Find things that make you laugh
 - Express your opinion in social action, letters and donations, marches, protests
 - Play with children
 - Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Have experiences of awe
- Read inspirational literature (talks, music, etc.) ____

Other:

Develop a Self-Care Plan

1. List the self-care habits you are using now to manage stress and stay healthy: (I get at least 8 hours of sleep at night)

2. List the self-care habits you would like to use but are not currently practicing:

(Practicing yoga regularly)

3. Identify the obstacles keeping you from practicing these habits:

(I don't practice yoga regularly because I don't have the time to)

4. What solutions can you come up with to address the obstacles you listed:

(I could free up time for myself by watching less TV or waking up earlier)

5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below. Today, I commit to...

I want to do this because...

I will accomplish this by...