## Self-Care Assessment

How often do you do the following? Rate using the scale below:

<table>
<thead>
<tr>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequently</td>
<td>Sometimes</td>
<td>Rarely</td>
<td>Never</td>
<td>It never even occurred to me</td>
</tr>
</tbody>
</table>

### Physical Self-Care
- ___ Eat regularly (e.g. breakfast, lunch, & dinner)
- ___ Eat healthfully
- ___ Exercise, go to the gym, or do a physical activity that is fun for you
- ___ Get enough sleep

### Psychological Self-Care
- ___ Make time for self-reflection
- ___ Read literature unrelated to school
- ___ Take a step to decrease stress in your life
- ___ Notice your inner experience - your dreams, thoughts, imagery, feelings
- ___ Say no to extra responsibilities sometimes
- ___ Spend time outdoors

### Emotional Self-Care
- ___ Stay in contact with important people in your life
- ___ Treat yourself kindly (supportive inner dialogue or self-talk)
- ___ Feel proud of yourself
- ___ Identify and seek out comforting activities, objects, people, relationships, places
- ___ Allow yourself to cry

### Spiritual Self-Care
- ___ Make time for prayer, meditation, or reflection
- ___ Participate in a spiritual gathering, community or group
- ___ Be aware of nontangible (nonmaterial) aspects of life
- ___ Identify what is meaningful to you and notice its place in your life
- ___ Express gratitude
- ___ Contribute to or participate in causes you believe in

### Workplace/Professional Self-Care
- ___ Take time to chat with co-workers
- ___ Make time to complete tasks
- ___ Identify projects or tasks that are exciting, growth-promoting, and rewarding for you
- ___ Balance your work so no one day is "too much!"
- ___ Get regular supervision
- ___ Have a peer support group