

Self-Care Assessment

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

5	4	3	2	1
Frequently	Sometimes	Rarely	Never	It never even occurred to me

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