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 is to help you learn about your self-care needs by spotting patterns, getting new ideas, and flagging areas that are lacking.

There are no right or wrong answers on this assessment. For example, giving something a low rating doesn't necessarily mean it's important to act upon. Focus on what's important to you.

★	I do this poorly; I do this rarely or not at all
★★	I do this okay; I do this sometimes
★★★	I do this well; I do this often
⚑	I would like to improve at this; I would like to do this more

⚑	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)	☐	☐	☐
☐	Get enough rest when sick	☐	☐	☐
☐	Overall physical self-care	☐	☐	☐

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Self-Care Assessment

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 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	☐	☐	☐

Social self-care	★	★★	★★★
Spend time with people 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 for help when I need it	☐	☐	☐
Do enjoyable activities with other people	☐	☐	☐
Have intimate time with my romantic partner	☐	☐	☐
Keep in touch with old friends	☐	☐	☐
Overall social self-care	☐	☐	☐

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Self-Care Assessment

	Spiritual self-care	★	★★	★★★
☐	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	☐	☐	☐

	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	☐	☐	☐
☐	Advocate for fair pay, benefits, and other needs	☐	☐	☐
☐	Overall professional self-care	☐	☐	☐

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