

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 *best*

- 3 Eat regularly (e.g. breakfast, lunch and dinner)
- 4 Eat healthy
- 3 Exercise
- 4 Get regular medical care for prevention
- 4 Get medical care when needed
- 3 Take time off when needed
- 4 Get massages
- 4 Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun

3.6 Average

- 2 Get enough sleep
- 5 Wear clothes you like
- 4 Take day trips or mini-vacations
- ___ Other:

Psychological Self-Care *worst*

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

2.7 Average

Emotional Self-Care

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

3.2 Average

Spiritual Self-Care

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

3.3 Average

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)

- Spend time w/ others whose company I enjoy
- Identify comforting experiences + seek them out
- Take Day-trips or mini-vacations

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

(Practicing yoga regularly)

- Get enough sleep
- Engage in regular physical activity
- Write in my journal

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

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

- TIME
- Low energy to exercise @ the end of the day
- I do not set aside time to do these things.

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)

- I will watch less TV in the evening in an attempt to go to bed earlier.
- I will schedule time to write in my journal
- I will set aside my exercise clothes in the evening and bring them to work with me.

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...

- 1) Exercise @ least once a week
- 2) Start writing in my journal again

I want to do this because...

- 1) I want to feel better about my health and be in shape for my wedding.
- 2) I do not want to forget this time in my life and it gives me peace.

I will accomplish this by...

- 1) next week
- 2) this weekend