

# SELF-CARE ASSESSMENT

3 = I do this frequently. 2 = I do this occasionally. 1 = I do this rarely or not at all

## PHYSICAL SELF-CARE

1    2    3

- ☐ ☐ ☐ Eat a nourishing, varied diet
- ☐ ☐ ☐ Honor regular mealtimes e.g. Breakfast, lunch, and dinner
- ☐ ☐ ☐ Exercise
- ☐ ☐ ☐ Participate in fun, physical activities e.g. Walk, swim, dance, run, play sports, or sing
- ☐ ☐ ☐ Get enough sleep
- ☐ ☐ ☐ Go to preventative medical appointments e.g. Checkups, teeth cleanings
- ☐ ☐ ☐ Take time to be sexual with myself or my partner(s)
- ☐ ☐ ☐ Wear clothes that make me feel good about myself
- ☐ ☐ ☐ Rest when sick
- ☐ ☐ ☐ Get holistic physical care e.g. Massages, reiki, acupuncture, energy work
- ☐ ☐ ☐ Take prescribed medications and supplements
- ☐ ☐ ☐ Practice daily hygiene e.g. teeth brushing, hair care, shower or bathing
- ☐ ☐ ☐ Other: \_\_\_\_\_

## PSYCHOLOGICAL SELF-CARE

1    2    3

- ☐ ☐ ☐ Make time for self-reflection
- ☐ ☐ ☐ Take mental time off from work, school, and other obligations regularly
- ☐ ☐ ☐ Express my feelings in a healthy way e.g. Through journaling, art, talking
- ☐ ☐ ☐ Identify and seek comforting activities, objects, relationships, and places
- ☐ ☐ ☐ Notice my inner experience e.g. Listening to my thoughts, beliefs, feelings
- ☐ ☐ ☐ Get exposed to new fields e.g. Museums, interest courses, cultural events
- ☐ ☐ ☐ Give myself positive affirmations
- ☐ ☐ ☐ Find reasons to laugh
- ☐ ☐ ☐ Allow myself to cry
- ☐ ☐ ☐ Read books and articles unrelated to work or school
- ☐ ☐ ☐ Take a break from screens e.g. Phone, TV, email
- ☐ ☐ ☐ Attend psychotherapy and psychiatry sessions
- ☐ ☐ ☐ Other: \_\_\_\_\_