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 of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

1 2 3 ★   **Physical Self-Care**

1	2	3	★	
☐	☐	☐	☐	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)
☐	☐	☐	☐	Rest when sick
☐	☐	☐	☐	Overall physical self-care

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1 2 3 ★ 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 own 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

1 2 3 ★ Social Self-Care

▢▢▢ ▢	Spend time with people who 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 others for help, when needed
▢▢▢ ▢	Do enjoyable activities with other people
▢▢▢ ▢	Have intimate time with my romantic partner
▢▢▢ ▢	Keep in touch with old friends

Self-Care Assessment

☐☐☐ ☐ Overall social self-care

Self-Care Assessment

1 2 3 ★   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

1 2 3 ★   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 that allows me to be successful
☐☐☐ ☐	Advocate for fair pay, benefits, and other needs
☐☐☐ ☐	Overall professional self-care