

Self-Care Assessment

1-Never 2-Rarely 3- Occasionally 4-Frequently

Physical Self-Care

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|---|---|
| <input type="checkbox"/> Eat regularly (breakfast, lunch, and dinner) | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Get regular medical care for prevention | <input type="checkbox"/> Eat healthily |
| <input type="checkbox"/> Get medical care when needed | <input type="checkbox"/> Get massages |
| <input type="checkbox"/> Take time off when sick | <input type="checkbox"/> Take vacations |
| <input type="checkbox"/> Wear clothes I like | <input type="checkbox"/> Get enough sleep |
| <input type="checkbox"/> Do some fun physical activity | |

Emotional Self-Care

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|---|---|
| <input type="checkbox"/> Spend time with people whose company I enjoy | <input type="checkbox"/> Love myself |
| <input type="checkbox"/> Stay in contact with important people in my life | <input type="checkbox"/> Allow myself to cry |
| <input type="checkbox"/> Re-read favorite books, re-view favorite movies | <input type="checkbox"/> Give myself affirmation/praise |
| <input type="checkbox"/> Identify and seek out comforting activities/places | <input type="checkbox"/> Find things that make me laugh |
| <input type="checkbox"/> Express my outrage in social action or discussion | |

Psychological Self-Care

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|---|---|
| <input type="checkbox"/> Have my own personal psychotherapy | <input type="checkbox"/> Make time for self-reflection |
| <input type="checkbox"/> Make time away from technology/internet | <input type="checkbox"/> Write in a journal |
| <input type="checkbox"/> Notice my thoughts, beliefs, attitudes, feelings | <input type="checkbox"/> Say no to extra responsibilities |
| <input type="checkbox"/> Engage my intelligence in a new way or area | <input type="checkbox"/> Be okay leaving work at work |
| <input type="checkbox"/> Do something at which I am not expert | |

Workplace or Professional Self-Care

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| <input type="checkbox"/> Take time to chat with coworkers | <input type="checkbox"/> Make quiet time to work |
| <input type="checkbox"/> Identify projects/tasks that are exciting | <input type="checkbox"/> Take a break during the day |
| <input type="checkbox"/> Balance my load so that nothing is "way too much" | <input type="checkbox"/> Set limits with my boss/peers |
| <input type="checkbox"/> Arrange work space to be comfortable | <input type="checkbox"/> Have a peer support group |
| <input type="checkbox"/> Get regular supervision or consultation | <input type="checkbox"/> Identify rewarding tasks |
| <input type="checkbox"/> Negotiate/advocate for my needs | |

Spiritual Self-Care

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| <input type="checkbox"/> Make time for reflection | <input type="checkbox"/> Spend time in nature |
| <input type="checkbox"/> Be open to inspiration | <input type="checkbox"/> Be aware of non-material aspects of life |
| <input type="checkbox"/> Cherish my optimism and hope | <input type="checkbox"/> Try at times not to be in charge or the expert |
| <input type="checkbox"/> Be open to knowing | <input type="checkbox"/> Identify what is meaningful to me |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Seek out reenergizing or nourishing experiences |
| <input type="checkbox"/> Contribute to causes in which I believe | <input type="checkbox"/> Have experiences of awe |
| <input type="checkbox"/> Read or listen to something inspirational | |