Self-Care Assessment
1-Never 2-Rarely 3-Occasionally 4-Frequently

Physical Self-Care

_____ Eat regularly (breakfast, lunch, and dinner)                _____ Exercise
_____ Get regular medical care for prevention                   _____ Eat healthily
_____ Get medical care when needed                              _____ Get massages
_____ Take time off when sick                                   _____ Take vacations
_____ Wear clothes I like                                        _____ Get enough sleep
_____ Do some fun physical activity

Emotional Self-Care

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

Psychological Self-Care

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

Workplace or Professional Self-Care

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

Spiritual Self-Care

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

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