

Self Care Assessment*

Using the scale below, rate the following areas in terms of frequency:
5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = Never thought about it

Physical Self-Care

- ☐ Eat regularly
- ☐ Exercise
- ☐ Regular medical care (prevention!)
- ☐ Take breaks when needed
- ☐ Dance, swim, walk, run, move
- ☐ Get enough sleep
- ☐ Wear clothes you like

Psychological Self-Care

- ☐ Regular time for self-reflection
- ☐ Journaling
- ☐ Reading
- ☐ Letting others know you
- ☐ Being aware of your thoughts, attitudes, beliefs, feelings, body
- ☐ Saying “no” when you need to

Emotional Self-Care

- ☐ Spend time with others you enjoy
- ☐ Praise yourself, give yourself affirmations
- ☐ Identify activities, objects and people who comfort you, and seek them out
- ☐ Allow yourself to cry
- ☐ Find things to make you laugh

Spiritual Self-Care

- ☐ Identifying personal values
- ☐ Time for reflection
- ☐ Connecting with nature
- ☐ Feeling awe
- ☐ Gratitude practice
- ☐ Being open to not having control
- ☐ Seeking out inspiration
- ☐ Finding others who connect with your values

Reflection Questions:

Am I surprised by my ratings?

Is there an area I would like to change?

What are my self-care habits that I use to manage my stress?

What self-care habits would I like to use that I am not currently using?

What is getting in my way?

One habit that I am going to develop is: