

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

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. The assessment will auto-calculate your self-care score in each area; the lower the overall score in each section, the more attention is needed for that area.

<b>1</b>	I do this poorly	I do this rarely or not at all
<b>2</b>	I do this OK	I do this sometimes
<b>3</b>	I do this well	I do this often
<b>◆</b>	I would like to improve at this	I would like to do this more frequently

<b>1</b>	<b>2</b>	<b>3</b>	<b>◆</b>	<b>Physical Self-Care</b>
				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)
				Go to preventative medical appointments (e.g. checkups, teeth cleanings)
				Rest when sick
<b>Overall physical self-care</b>				

1	2	3	◆	<b>Psychological/Emotional Self-Care</b>
				Participate in hobbies
				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
<b>Overall psychological/emotional self-care</b>				

1	2	3	◆	<b>Social Self-Care</b>
				Spend time with people who I like
				Connect with friends and family who are far away
				Have stimulating conversations
				Meet new people
				Spend time with my romantic partner
				Ask others for help when needed
				Do enjoyable activities with other people
				Keep in touch with old friends
<b>Overall social self-care</b>				

1	2	3	◆	<b>Spiritual Self-Care</b>
				Spend time in nature
				Meditate
				Religious or belief practices
				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)
<b>Overall spiritual self-care</b>				

1	2	3	◆	<b>Professional Self-Care</b>
				Improve my professional skills
				Approach new responsibilities with an open mind
				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 when you can
				Maintain a balance between professional and personal life
				Keep a comfortable workspace that allows me to be successful
<b>Overall professional self-care</b>				