

## Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

**5 = Frequently**

**4 = Occasionally**

**3 = Rarely**

**2 = Never**

**1 = It never occurred to me**

### Physical Self-Care

- \_\_\_ Eat regularly (e.g. breakfast, lunch and dinner)
- \_\_\_ Eat healthy
- \_\_\_ Exercise
- \_\_\_ Get regular medical care for prevention
- \_\_\_ Get medical care when needed
- \_\_\_ Take time off when needed
- \_\_\_ Get massages
- \_\_\_ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- \_\_\_ Get enough sleep
- \_\_\_ Wear clothes you like
- \_\_\_ Take vacations or mini breaks

### Mental Self-Care

- \_\_\_ Make time for relaxation i.e. having a bath, listening to music
- \_\_\_ Engage in your passions/interests i.e. painting, crafts, join a class
- \_\_\_ Get outside and into nature
- \_\_\_ Declutter your home
- \_\_\_ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- \_\_\_ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theatre performance
- \_\_\_ Say “no” to extra responsibilities sometimes
- \_\_\_ Unplug from technology

### **Emotional Self-Care**

- \_\_\_ Make time for self-reflection
- \_\_\_ Write in a journal
- \_\_\_ Spend time with others whose company you enjoy
- \_\_\_ Stay in contact with important people in your life
- \_\_\_ Give yourself affirmations, praise yourself
- \_\_\_ Identify comforting activities, objects, people, relationships, places and seek them out
- \_\_\_ Allow yourself to cry
- \_\_\_ Find things that make you laugh
- \_\_\_ Meditate
- \_\_\_ Engage with a therapist or coach

### **Workplace or Professional Self-Care**

- \_\_\_ Take a break during the workday (e.g. lunch)
- \_\_\_ Take time to chat with co-workers
- \_\_\_ Make quiet time to complete tasks
- \_\_\_ Identify projects or tasks that are exciting and rewarding
- \_\_\_ Set limits with your clients and colleagues
- \_\_\_ Arrange your work space so it is comfortable and comforting
- \_\_\_ Get regular supervision or consultation
- \_\_\_ Negotiate for your needs (benefits, pay raise)