

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. This by no means is an exhaustive list, rather a jumping off point from which to more fully examine different aspects of well-being. You can use these examples as a way to reflect on your own behaviors and also to gather ideas about how to further your practices of self-care.



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

5 = Frequently 4 = Pretty often 3 = Sometimes 2 = Rarely 1 = Never 0 = It never occurred to me

Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner) and in a way that feels good for your body
- ☐ Stay hydrated
- ☐ Engage in some type of regular movement (exercise, stretching, walking, etc.)
- ☐ Engage in physical activity that is fun
- ☐ Get regular medical care for prevention and when needed
- ☐ Take time off when needed
- ☐ Get massages
- ☐ Take time to be sexual—with yourself, with a partner
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Rest your body when you feel unwell/sick/fatigued/sore
- ☐ Listen to and respect physiological cues (hunger, thirst, fatigue, etc.)
- ☐ Other:

Psychological Self-Care

- ☐ Make time for self-reflection (write in a journal, draw, etc.)
- ☐ Have your own personal psychotherapy
- ☐ Read literature that is unrelated to school
- ☐ Open up or “show your true self” to others
- ☐ Be mindful of inner experiences -- acknowledging thoughts, judgments, feelings, etc. (remember that thoughts don't always reflect reality)
- ☐ Engage your intelligence in a new area (go to an art museum, history exhibit, sports event, theater performance)
- ☐ Say “no.” (“No” can be a full sentence!)
- ☐ Recognize when you've done enough
- ☐ Engage in mindfulness/meditation practices
- ☐ Other:

Emotional Self-Care

- ☐ Spend time with others whose company you enjoy
- ☐ Stay in contact with important people in your life (maybe set up a regular time to talk with one/more of these people)
- ☐ Give yourself affirmations; praise yourself
- ☐ Re-read favorite books, re-view favorite movies
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out
- ☐ Allow yourself to experience all emotions; allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in social action, letters and donations, marches, protests
- ☐ Other:

Spiritual Self-Care

- ☐ Spend time in nature
- ☐ Find a spiritual connection or community
- ☐ Be aware of nonmaterial aspects of life
- ☐ Try at times not to be in charge or the expert
- ☐ Be open to not knowing
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Have experiences of awe (maybe through nature, art, music, etc.)
- ☐ Read inspirational literature (talks, music, etc.)
- ☐ Other:

Develop a Self-Care Plan

1. List some of the self-care habits (which can be, but do not necessarily have to be, from the above examples) that you utilize the most often and/or bring you the most satisfaction or well-being:
 - .
 - .
 - .
2. List the self-care habits you would like to use but are not currently practicing. How might you work to more regularly incorporate each of these habits into your life?
 - .
 - .
 - .
3. Which self-care habits (among those you already practice to some extent and/or those you would like to begin practicing) do you think could act as “go-tos” in particularly stressful moments? List some potential situations you think you could find yourself in where these self-care habits could be especially useful.

Go-To Self-Care Habits:

- .
- .
- .

Potentially Stressful Situations (ex: getting a lower grade on an exam than you wanted)

- .
- .
- .

4. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...