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:

Adapted by BWell Health Promotion from: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)
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...