



# SELF-CARE ASSESSMENT WORKSHEET

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the assessment, you can move on to developing a full self-care plan.

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, or do some other physical activity that is fun
- \_\_\_ Take time to be sexual—with yourself, with a partner
- \_\_\_ Get enough sleep
- \_\_\_ Wear clothes you like
- \_\_\_ Take day trips or mini-vacations
- \_\_\_ Other:

## Psychological Self-Care

- \_\_\_ Make time for self-reflection
- \_\_\_ Have your own personal psychotherapy
- \_\_\_ Write in a journal
- \_\_\_ Read literature that is unrelated to school
- \_\_\_ Let others know different aspects of you
- \_\_\_ 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, theater performance
- \_\_\_ Practice receiving from others
- \_\_\_ Be curious
- \_\_\_ Say “no” to extra responsibilities sometimes
- \_\_\_ Other:

## Emotional Self-Care

- \_\_\_ Spend time with others whose company you enjoy
- \_\_\_ Stay in contact with important people in your life
- \_\_\_ Give yourself affirmations, praise yourself
- \_\_\_ Love yourself
- \_\_\_ Re-read favorite books, re-view favorite movies
- \_\_\_ Identify comforting activities, objects, people, relationships, places and seek them out
- \_\_\_ Allow yourself to cry
- \_\_\_ Find things that make you laugh
- \_\_\_ Express your outrage in social action, letters and donations, marches, protests
- \_\_\_ Play with children
- \_\_\_ Other:

## Spiritual Self-Care

- \_\_\_ Make time for reflection
- \_\_\_ Spend time with nature
- \_\_\_ Find a spiritual connection or community
- \_\_\_ Be open to inspiration
- \_\_\_ Cherish your optimism and hope
- \_\_\_ 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
- \_\_\_ Read inspirational literature (talks, music, etc.)
- \_\_\_ Other:

# DEVELOP A SELF-CARE PLAN

**1. List the self-care habits you are using now to manage stress and stay healthy:  
(I get at least 8 hours of sleep at night)**

**2. List the self-care habits you would like to use but are not currently practicing:  
(Practicing yoga regularly)**

**3. Identify the obstacles keeping you from practicing these habits:  
(I don't practice yoga regularly because I don't have the time to)**

**4. What solutions can you come up with to address the obstacles you listed:  
(I could free up time for myself by watching less TV or waking up earlier)**

**5. 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...**

