Self-Care Checklist

Rate how often and how well you are taking care of yourself these days by filling in the following checklist. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself the priority.

Rate the following areas in frequency

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- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

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Physical Self-Care	
Eat regular meals (e.g., breakfast, lunch, and dinner)	
Eat healthily	
Exercise	
Utilize campus medical services/identify affordable health care options	
Get medical care when needed	
Take a sick day, when needed	
Get massages	
Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun	
Take time to be sexual - with yourself, with a partner	
Get enough sleep	
Wear clothes that make you feel good/confident	
Explore and visit a new place	
Make time away from devices	
Other:	
Psychological Self- Care	
Make time for self-reflection	
Go to counseling/therapy	
Write in a journal	
Read literature that is unrelated to school/work	
Try a new activity	
Practice saying "no"	
Learn and practice stress management techniques	
Notice your inner experience - listen to your thoughts, judgements, beliefs, attitude and feelings	
Engage your intelligence in a new area, e.g., go to an art museum, history exhibit, sports event, auctio	n,
theatre	
performance	
Practice receiving from others	
Be curious	
Say no to extra responsibilities	
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
Reread 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, donations, marches, protests
Play with children/animals
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 open to not knowing
Identify what is meaningful to you Meditate
Meditate
Pray
Sing
Read inspirational literature (talks, music, etc.)
Other:
Academic Self-Care
Take breaks during the school day (i.e. take a walk between classes, make time to eat lunch, etc.
Chat with your classmates/peers
Make quiet time to complete tasks
Identify projects or tasks that are exciting and rewarding
Balance your schedule so that each semester feels manageable
Identify a comfortable space to do your homework
Utilize academic supports on campus (SCAA, Peer Coaches, Advisors)
Dedicate time to build a peer support group
Other:
Balance
Strive for balance within your school-life and school day
Strive for halance among school, work, family, relationships, play and rest