

## Self-Care Assessment Worksheet

The lists below provide a variety of activities that support self-care and wellbeing. Read through the list and place a check mark (✓) beside those activities you already do, and place an arrow (→) beside those activities you would like to add to your life.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignoring others? Look for ways to expand your self-care actions, making yourself a priority.

### Physical Self-Care

- \_\_\_\_\_ Eat regularly (e.g. breakfast, lunch, dinner)
- \_\_\_\_\_ Eat healthily
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Get regular medical attention for prevention
- \_\_\_\_\_ Get medical care when needed
- \_\_\_\_\_ Take time off when sick
- \_\_\_\_\_ Get massages, acupuncture, chiropractic or physiotherapy treatments
- \_\_\_\_\_ Dance, swim, walk, run, play sports, sing or do some other physical activity that is fun
- \_\_\_\_\_ Take time for intimacy
- \_\_\_\_\_ Get enough sleep
- \_\_\_\_\_ Take vacations
- \_\_\_\_\_ Take day trips or mini-vacations
- \_\_\_\_\_ Make time away from phones
- \_\_\_\_\_ Other:

### Psychological Self-Care

- \_\_\_\_\_ Make time for self-reflection
- \_\_\_\_\_ Have your own personal psychotherapy/counselling
- \_\_\_\_\_ Write in a journal
- \_\_\_\_\_ Read literature that is unrelated to work
- \_\_\_\_\_ Do something at which you are not expert or in charge
- \_\_\_\_\_ Decrease stress in your life
- \_\_\_\_\_ 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, concert, sports event, auction, theater performance
- \_\_\_\_\_ Practice receiving from others
- \_\_\_\_\_ Be curious
- \_\_\_\_\_ Say no to extra responsibilities

## Assessment Worksheet *Cont*: Self Care

### Emotional Self-Care

- \_\_\_\_\_ Spend time with others whose company you enjoy
- \_\_\_\_\_ Stay in contact with important people in our life
- \_\_\_\_\_ Give yourself affirmation, 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
- \_\_\_\_\_ 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
- \_\_\_\_\_ Focus on gratefulness, optimism and hope
- \_\_\_\_\_ Be aware of nonmaterial aspects of your life
- \_\_\_\_\_ Try at times not to be in charge or the expert
- \_\_\_\_\_ Be open to not knowing/mindfulness
- \_\_\_\_\_ Identify what is meaningful to you and notice its place in your life
- \_\_\_\_\_ Meditate, use progressive relaxation, mindfulness
- \_\_\_\_\_ Pray
- \_\_\_\_\_ Use art for expression: sing, paint, draw
- \_\_\_\_\_ Spend time with children
- \_\_\_\_\_ Have experiences of awe
- \_\_\_\_\_ Contribute to causes in which you believe; help others
- \_\_\_\_\_ Read inspirational literature (listen to inspirational talks, music, etc.)
- \_\_\_\_\_ Other:

## Assessment Worksheet *Cont*: Self Care

### Workplace or Professional Self-Care

- \_\_\_\_\_ Take a proper break during the workday (e.g., lunch) away from your desk or common area
- \_\_\_\_\_ Take time to chat with co-workers
- \_\_\_\_\_ Make quite time to complete tasks
- \_\_\_\_\_ Identify projects or tasks that are exciting and rewarding
- \_\_\_\_\_ Set limits with clients, committees, and co-workers
- \_\_\_\_\_ Balance your workload so no one day or part of a day is “too much”
- \_\_\_\_\_ Arrange your workspace so it is comfortable and comforting
- \_\_\_\_\_ Get regular supervision or support for your role
- \_\_\_\_\_ Negotiate for your needs (flex time, work-flow)
- \_\_\_\_\_ Have peer support
- \_\_\_\_\_ Develop an area of professional interest outside your normal role
- \_\_\_\_\_ Other:

### Balance

- \_\_\_\_\_ Strive for balance within your work-life and workday
- \_\_\_\_\_ Strive for balance among work, family, relationships, play and rest

## Making a Commitment to Yourself

Write down three to five self care activities from the lists that you could add to your professional and personal life.

Professional:

- 1.
- 2.
- 3.
- 4.
- 5.

Personal:

- 1.
- 2.
- 3.
- 4.
- 5.

Place an **asterisk** beside every strategy you could implement in the **next month**.

**Circle** one in each category that you will try to do during the **next week**.