

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**.