

## Self-Care Assessment Resource

The self-care assessment provides a snapshot of how you care for yourself throughout the MONTH in various aspects of your life. We often care for others more attentively than we care for ourselves, use this tool to begin taking better care of you.

Use the scale below to rate the frequency of each activity. Tally the numbers in each section to give yourself an idea about where to begin your self-love/self-care journey. A star counts as zeros.

Choose one item from each area to actively improve throughout the week or focus first on the starred items to begin making adjustments towards happiness.

4 = Frequently

3 = Occasionally

2 = Rarely

1 = Never

★ = I would like to do this

1	2	3	4	★	PHYSICAL SELF CARE
		•			Eat regularly (At least twice a day)
				•	Eat healthy foods
			•		Take care of personal hygiene (Shower, brush teeth, wash clothes)
		•			Wear things that make you feel good about yourself
	•				Get enough sleep
	•				Get active (Walk, run, play sports, dance, swim, anything physical)
			•		Take care of sexual needs – with yourself or someone else
			•		Rest when sick
		•			If capable, get preventative medical care (doctor, dentist, etc.)
		•			Take vacations (mini-trips, stay-cations, getaways)

Physical Self-Care Total: 28

1	2	3	4	★	EMOTIONAL SELF CARE
			•		Take time off from personal or professional obligations
			•		Spend time with people you enjoy
	•				Give yourself affirmations or praise
		•			Participate in an activity you enjoy

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			•	Do something comforting (re-read favorite book, long baths, watch favorite show)
	•			Allow yourself to cry when feeling like crying
	•			Verbalize problems to someone you trust
•				Find reasons to laugh
			•	Get involved in a cause greater than yourself
			•	Have stimulating conversations

Emotional Self-Care Total: 22

1	2	3	4	★	PSYCHOLOGICAL SELF CARE
	•				Take time for self- reflection (Sitting in silence, no distractions)
•					Writing in a journal or keeping video/recorded journal
				•	Read about something that inspires you
			•		Do something that challenges you
				•	Decrease unnecessary stressors in your life
				•	Let people you trust meet the varying sides of who you are
	•				Practice receiving without feeling guilty
		•			Saying “no” to extra responsibilities
		•			Being selfish with your time, space and energy
	•				Ask others for help when you need it

Psychological Self-Care Total: 17

1	2	3	4	★	SPIRITUAL SELF CARE
			•		Be open to inspiration from unexpected places
		•			Read the book that inspires self-reflection or provides a lesson
			•		Spend time in nature
	•				Be open to not knowing the answer
				•	Being aware of the non-material aspects of your life
				•	Pray
•					Meditate
	•				Highlight the things that give meaning to your life
			•		Appreciate art that is impactful for you (music, spoken word, paintings, literature)

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	•				Act in accordance with your morals and values
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Spiritual Self-Care Total: 22

1	2	3	4	★	PROFESSIONAL SELF CARE
			•		Take breaks during work
			•		Say “no” to excessive new responsibilities
		•			Take quiet time to complete tasks
				•	Identify projects or tasks that excite you
				•	Improve professional skills
•					Negotiate for your needs (benefits, pay raise)
	•				Make workspace your own
		•			Balance workload throughout the week
		•			Create work life balance
		•			Set boundaries and limits with colleagues

Professional Self-Care Total: 23