Self-Care Worksheet

The following worksheet for assessing self-care is not exhaustive, merely suggestive. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care, but ignore others? Listen to your internal dialogue about self-care. What do you want to include more in your life?

Rate the following areas according to how well you think you are doing:
3 = I do this well (e.g., frequently)
2 = I do this OK (e.g., occasionally)
1 = I barely or rarely do this
0 = I never do this
? = This never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get medical care when needed
- Take time off when sick
- Dance, swim, walk, run, play sports, or do some other fun physical activity
- Take time to be sexual - with myself, with a partner
- Get enough sleep
- Wear clothes I like

Psychological Self-Care

- Take day trips or mini-vacations
- Make time away from telephones, email, and the Internet
- Make time for self-reflection
- Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- Have my own personal psychotherapy
- Write in a journal
- Attend to minimizing stress in my life
- Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- Say no to extra responsibilities

Emotional Self-Care

- Spend time with others whose company I enjoy
- Stay in contact with important people in my life
- Give myself affirmations; praise myself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to cry
- Find things that make me laugh
- Express my outrage in social action, letters, donations, marches, protests
Spiritual Self-Care
____ Make time for reflection
____ Spend time in nature
____ Find a spiritual connection or community
____ Cherish my optimism and hope
____ Be aware of non-material aspects of life
____ Be open to not knowing
____ Identify what is meaningful to me and notice its place in my life
____ Meditate
____ Pray
____ Make gratitude lists
____ Contribute to causes in which I believe
____ Read inspirational literature or listen to inspirational talks or music

Relationship Self-Care
____ Schedule regular dates with my partner
____ Schedule regular activities with my children
____ Make time to see friends
____ Call, check on, or see my relatives
____ Spend time with my companion animals
____ Stay in contact with faraway friends
____ Make time to reply to personal emails and letters; send holiday cards
____ Allow others to do things for me
____ Ask for help when I need it
____ Share a fear, hope, or secret with someone I trust

Workplace or Professional Self-Care
____ Take a break during the workday (e.g., lunch)
____ Take time to chat with co-workers or peers
____ Make quiet time to complete tasks
____ Identify projects or tasks that are exciting and rewarding
____ Create balance in the workday or school day
____ Arrange workspace so it is comfortable and comforting
____ Get regular supervision or consultation
____ Have a peer support group

Other Areas of Self-Care that are Relevant to You