

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, you can move on to developing a full self-care plan. Using the scale below, rate the following areas in terms of frequency:

5 Frequently | 4 Occasionally | 3 Rarely | 2 Never | 1 It never occurred to me



Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch and dinner)
- ☐ Eat healthy
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Get medical care when needed
- ☐ Take time off 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 you like
- ☐ Take day trips or mini-vacations
- ☐ 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
- ☐ Re-read 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 and donations, marches, protests
- ☐ Play with children
- ☐ Other:

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Psychological Self-Care

- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Write in a journal
- ☐ Read literature that is unrelated to school
- ☐ Let others know different aspects of you
- ☐ 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, sports event, theater performance
- ☐ Practice receiving from others
- ☐ Be curious
- ☐ Say “no” to extra responsibilities sometimes
- ☐ 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 aware of nonmaterial aspects of life
- ☐ Try at times not to be in charge or the expert
- ☐ Be open to not knowing
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Have experiences of awe
- ☐ Read inspirational literature (talks, music, etc.)
- ☐ Other:

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Develop a Self-Care Plan

1. List the self-care habits you are using now to manage stress and stay healthy. For example, "I get at least 8 hours of sleep at night."

- ◆
- ◆
- ◆

2. List the self-care habits you would like to use but are not currently practicing. For example, "I would like to practice yoga regularly."

- ◆
- ◆
- ◆

3. Identify the obstacles keeping you from practicing these habits. For example, "I don't practice yoga regularly because I don't have the time to."

- ◆
- ◆
- ◆

4. What solutions can you come up with to address the obstacles you listed. For example, "I could free up time for myself by watching less TV or waking up earlier."

- ◆
- ◆
- ◆

5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

- ◆ Today, I commit to...
- ◆ I want to do this because...
- ◆ I will accomplish this by...