

Self-Care Assessment

Self-Care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment, you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this ok	I do this sometimes
3	I do this well	I do this often
*	I would like to improve at this	I would like to do this more frequently

1 2 3 * Physical Self-Care

				Eat Healthy Foods
				Take Care of personal hygiene
				Exercise
				Wear clothes that help me feel good about myself
				Eat Regularly
				Participate in fun activities (e.g., walking, swimming, dancing, sports)
				Get enough sleep
				Go to preventative medical appointments (e.g., checkups, teeth cleanings)
				Overall physical self-care

1 2 3 * Psychological/Emotional Self-Care

				Take time off from work, school, and other obligations
				Participate in hobbies
				Get away from distractions
				Learn new things, unrelated to work or school
				Express my feelings in a healthy way (e.g., talking, creating art, journaling)
				Recognize my own strengths and achievements
				Go on vacations or daytrips
				Do something comforting (e.g., re-watch a favorite movie, take a long bath)
				Find reason to laugh
				Talk about my problems
				Overall psychological and emotional self-care

1 2 3 * Social Self-Care

				Spend time with people who I like
				Call or write to friends and family who are far away
				Have stimulating conversations
				Meet new people
				Spend time alone with my romantic partner
				Ask others for help, when needed
				Do enjoyable activities with other people
				Have intimate time with my romantic partner
				Keep in touch with old friends
				Overall social self-care

1 2 3 * Spiritual Self-Care

				Spend time in nature
				Meditate
				Pray
				Recognize the things that give meaning to my life
				Act in accordance with my morals and values
				Set aside time for thought and reflection
				Participate in a cause that is important to me
				Appreciate art that is impactful to me (e.g., music, film, literature)
				Overall spiritual self-care

1 2 3 * Work/Professional Self-Care

				Improve my professional skills
				Say “no” to excessive new responsibilities
				Take on projects that are interesting and rewarding
				Learn new things related to my profession
				Make time to talk and build relationships with colleagues
				Take breaks during work
				Maintain balance between my professional and personal life
				Keep a comfortable workspace that allows me to be successful
				Advocate for fair pay, benefits, and other needs
				Overall professional self-care

1 2 3 * Social Self-Care

				Spend time with people who I like
				Call or write to friends and family who are far away
				Have stimulating conversations
				Meet new people
				Spend time alone with my romantic partner

				Ask others for help, when needed
				Do enjoyable activities with other people
				Have intimate time with my romantic partner
				Keep in touch with old friends
				Overall social self-care

1 2 3 * Personal Self-Care

				Take time to know myself and my personal identity
				Discover my interests
				Take time for hobbies I enjoy
				Honor my true self
				Spend time alone
				Practice gratitude
				Do enjoyable activities by myself
				Focus on positivity
				Overall Personal self-care

1 2 3 * Space Self-Care

				Ensure my living space is a healthy environment
				Organize my space
				Ensure my space is safe
				Ensure my space is secure
				Ensure my space is stable
				Overall space self-care

1 2 3 * Financial Self-Care

				Set money aside for savings
				Budget annually
				Budget monthly
				Practice money management
				Splurge
				Pay Bills
				Overall financial self-care