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
- ____ Get massages
- ____ 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
- ____ Be curious
- ____ 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
- ____ Love 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, music

**Relationship Self-Care**  
____ Schedule regular dates with my partner or spouse  
____ 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  
____ Make quiet time to complete tasks  
____ Identify projects or tasks that are exciting and rewarding  
____ Create balance in the workday  
____ Arrange work space 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**