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 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