

Self-Care Assessment

Self-care activities can help you maintain good health and improve your overall well-being. Some of these activities might already be a part of your normal routine. Below is a list of different physical, emotional, and professional self-care activities. Think about how frequently you have performed each of these activities.

The goal of this assessment is to help you learn and identify the self-care activities that are already part of your normal routine and to also recognize others that you can incorporate into your life.

This is just for you, there are no right or wrong answers. We hope that you use this self-care assessment to develop a self-care plan.

Please rate the following items in terms of frequency:

- 1 I do this rarely or not at all
- 2 I do this sometimes
- 3 I do this often
- ★ I would like to do this more

Physical Self-Care

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I eat healthy foods
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I eat regular meals throughout the day
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I drink water throughout the day
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I get 7-9 hours of sleep each night
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I spend time outside
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I exercise 30 minutes a day
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I participate in activities that make me happy
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I take care of my personal hygiene
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I rest when I get sick
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> ★	I get preventative health checkups

Emotional Self-Care

1	2	3	★	I do hobbies I enjoy
1	2	3	★	I take time or days off when needed
1	2	3	★	I learn new things (other than work)
1	2	3	★	I can unplug from technology
1	2	3	★	I read books or watch movies/tv for fun
1	2	3	★	I allow myself to cry
1	2	3	★	I allow myself to be happy
1	2	3	★	I spend time with others whose company I enjoy
1	2	3	★	I recognize my own strengths
1	2	3	★	I talk about my problems

Professional Self-Care

1	2	3	★	I find ways to improve my professional skills
1	2	3	★	I take on projects that interest me
1	2	3	★	I seek support when needed
1	2	3	★	I maintain a comfortable work environment to be successful
1	2	3	★	I socialize and build relationships with co-workers
1	2	3	★	I turn down unnecessary/unreasonable tasks
1	2	3	★	I take breaks throughout the day away from my desk
1	2	3	★	I make time for professional development
1	2	3	★	I keep my work space neat and organized
1	2	3	★	I avoid checking emails and working outside of work hours

My Self-Care Action Plan

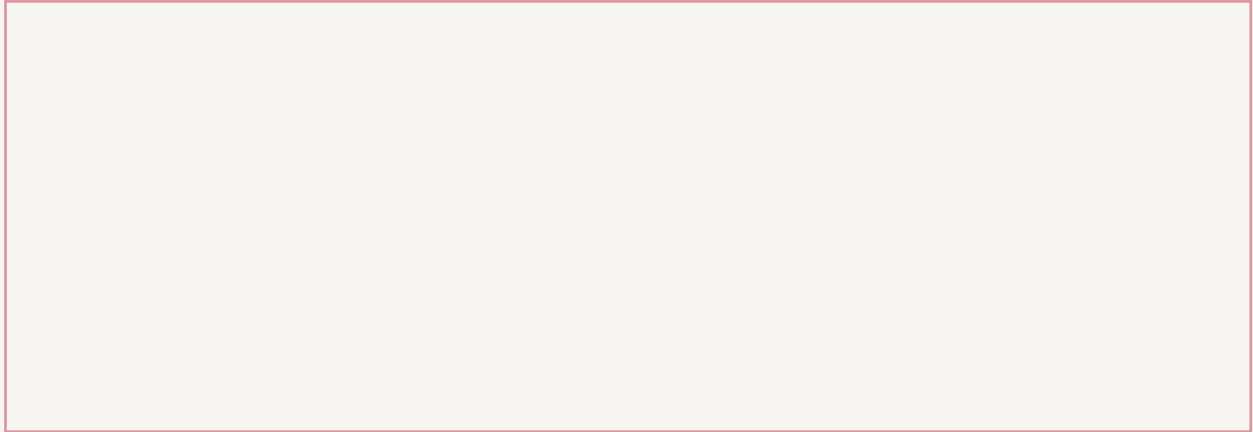
Take some time to fill out this “Self-Care Action Plan” to help you consider self-care strategies that you could implement in your life. This is your own plan, so think carefully about what would work best for you!

List the self-care practices you are doing now (and how often you do them) to manage stress and stay healthy:

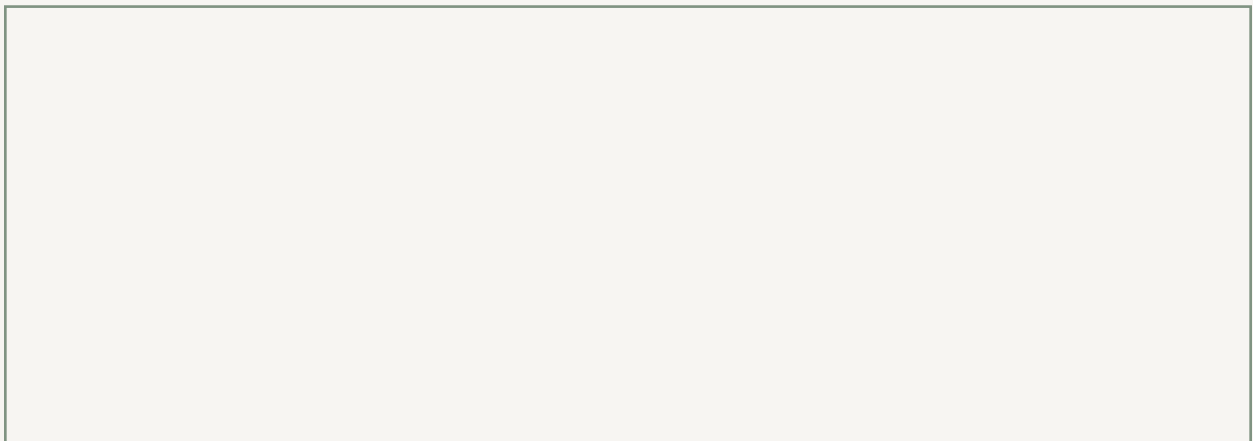
Identify your self-care needs for each of the following categories:

Physical	Mental	Emotional	Professional
	Spiritual	Social	

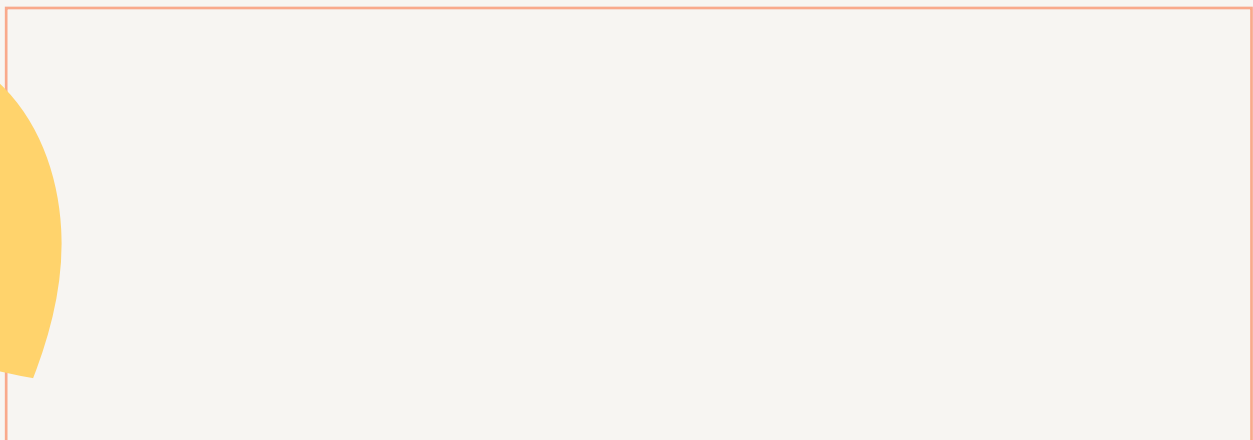
For each need you wrote down, list the self-care practices you would like to start doing or do more of that supports that need:



Identify the obstacles keeping you from doing these practices:



What are some solutions or steps you can take to help you overcome these obstacles:



Select one of the practices you wrote down that you would like to start doing and complete the sentences below:

	Today, I commit to...	I want to do this because...	I will accomplish this by...
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Self-Care Bingo

Developing self-care habits are important, but it may be hard to implement into your daily life. Below is a self-care checklist turned into a bingo board. The goal of this self-care bingo board is to introduce new self-care activities into your life. Once you complete an activity, cross it off. We challenge you to complete a row or column each week to get bingo, and then the whole board each month to get a blackout bingo. By doing this, you can develop new self-care routines for your daily life!

Meditate	Read for fun	Listen to a podcast	Take a bath	Go on a walk
Write in a journal	Do yoga	Take a nap	Listen to music	Cook a meal
Call a friend or family member	Craft	Free space!	Buy yourself something	Drink tea
Get a massage	Organize your space	Watch a movie	Watch the sunset or sunrise	Dance around your house
Make a playlist of your favorite songs	Write a letter to your past or future self	Do a random act of kindness	Take a technology break for an hour	Make your bed