

How Well Am I Caring for Myself?? Assessment

Rate each item on the following scale

0: Uh oh.. I never do this!

1: I occasionally do this, but need to make more time for it

2: I sometimes do this

3: I'm pretty great about doing this

4: I'm excellent at doing this, it's a total strength of mine!

* You can cross something out if it's not relevant or important to you

Caring for My Body

Eat Regularly_____

Eat Healthily_____

Drink Enough Water_____

Exercise or Physical Activity_____

Recognize and Ask for Time Off When I'm Sick or Drained_____

Get Enough Sleep_____

Wear Clothes I Like_____

Take breaks_____

What Else? _____

What Else? _____



Caring for My Mind

Staying Present and Focused on What I'm Doing in the Moment (rather than other things I need to do, email, texts, etc.) _____

Make Time for Self-Reflection _____

Notice my Inner Experience - Listen to My Thoughts, Beliefs, Attitudes, Feelings_____

Write, Create Art, or Find Another Way to Express Myself_____

Do Something Where I am Not in Charge_____

Be Proactive about Recognizing Stress and De-Stressing_____

Be Curious _____

What Else? _____

What Else? _____



Caring for My Emotions

Spend Time with People I Enjoy _____

Stay Connected with People Who Are Supportive _____

Praise Myself or Give Myself Positive Affirmations _____

Give Myself Credit – Identify the Good, Kind or Challenging Things I do Each Day _____

Re-read a Favorite Book, Quote or Article _____

Seek Out Comforting Activities, Objects, People or Places _____

Find Things That Make Me Laugh _____

Find Healthy and/or Productive Ways to Acknowledge Stress, Sadness, Anxiety or Exhaustion _____

What Else? _____

What Else? _____

Caring for My Spiritual Self

Make Time for Reflection _____

Spend Time in Nature _____

Be Open to Inspiration _____

Cherish my Optimism and Hope _____

Be Aware of Non-Material Aspects of Life _____

Be Open to Learning _____

Live in Line With My Values _____

Meditate, Pray or Sing _____

What Else? _____

What Else? _____



Caring for My Relationships

Check in with Friends at Camp, Even If we Don't Spend a Lot of Time

Together_____

Find Ways to Stay Connected with Friends and Family (whether through letters, calls, etc.) _____

Enlarge my Social Circle_____

Ask for Help When I Need It and Saying Thank You When I Get It_____

Be A Good Listener _____

Go Out of My Way to Tell People When I Admire Them or Something They Did_____

Be Honest About My Capacity and Limits_____

What Else? _____

What Else? _____

Are There Other Areas Of Self Care That Are Important To You? If So, What Are They and How Are You Doing in Those Areas?

Overall Self Care

Achieving a Healthy Balance Between my Professional Responsibilities and Personal Needs_____

Achieving a Healthy Balance Between Work, Family, Friends, Play and Rest_____

Engaging in Self-Care so That I Spent Most of My Time As My Best-Self, Not My Stressed-Self_____