

# 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\_\_\_\_\_