

Self-Care ASSESSMENT

Directions: Check off self-care activities you do regularly.

Psychological Self-Care

- Attending to minimizing stress in life
- Practicing receiving from others
- Saying "no" when you can't do extra
- Self-reflecting on inner thoughts, feelings, behaviors.
- Going to therapy/ support spaces
- Creating boundaries with loved ones and self
- Learning new ways to handle situations
- Using coping skills in tough situations

Spiritual Self-Care

- Practicing centering activities like meditation, prayer, and/ or mantras
- Contributing to causes you believe in
- Having a spiritual or religious connection
- Having a community of safety/ solace
- Spending time in nature
- Dedicating time for self-reflection
- Reading or Listening to inspirational content

Emotional Self-Care

- Practicing positive affirmations
- Speaking to yourself kindly, with compassion
- Having emotional outlets like a journal
- Putting personal needs first
- Being aware of your own emotions in the moment
- Having an idea of what triggers negative emotions and behaviors

Physical Self-Care

- Engaging in Exercise
- Going for walks
- Eating healthy, balanced meals
- Getting enough rest at night
- Having breaks during the work day
- Stretching/ Yoga
- Dancing
- Gardening
- Playing with family or friends

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Social Self-Care

- Spending time with people you enjoy
- Asking for help when you need it
- Sharing a fear, hope, or passion with someone you trust
- Taking time to chat with co-workers
- Scheduling phone calls with parents, elders, or distant loved ones
- Cuddling with a pet
- Going on a date with partner or friends

Personal Self-Care

- Striving for balance in personal and work life
- Managing finances regularly
- Eliminating or reducing emotional spending
- Taking time for mindful showers, baths, or restful activities
- Organizing your space to feel comfortable

Additional Self-Care

Self-Care **PLANNING**

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>PSYCHOLOGICAL</i>			
<i>EMOTIONAL</i>			
<i>PHYSICAL</i>			
<i>SPIRITUAL</i>			
<i>PERSONAL</i>			
<i>SOCIAL</i>			