

Self-Care Assessment

What is self care and why is it important ?

Self-care refers to the act of taking care of oneself, physically, mentally and spiritually. It involves engaging in activities that promote relaxation, stress reduction, and overall well-being. This includes increasing self awareness, engaging in regular exercise, getting enough sleep, and eating a healthy diet, among other things.

Self-care is essential for maintaining good health. It allows individuals to recharge and rejuvenate, which can help reduce stress levels, boost energy, and improve mood. Many people find that practicing self-care also helps them to feel more balanced and focused, which can lead to increased productivity and an improved quality of life.

Use this guide to help you identify the areas you do well at and areas that need improvement

1 - I rarely do this

2 - I do this sometimes

3 - I do this often

★ - I can work to improve this

1	2	3	★	Physical Self-Care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I take care of my physical hygiene
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I get enough sleep (6-8 hours for adults)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I wear clothes that make me feel confident about myself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I exercise and/or do activities to stay active
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I go to preventative medical appointments (physical/dentist)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I eat healthy foods and I eat regularly

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1 2 3 ★

Spiritual Self-Care

I Pray consistently

I Meditate consistently

I read books that improve my understanding of God

I act in accordance with my morals and values

I am an active participant in a church/spiritual community

I set aside alone time with God

1 2 3 ★

Emotional/Psychological Self-Care

I take time off when I need to

I have hobbies I participate in regularly

I express my feelings in a healthy way

I recognize my strengths and weaknesses

I set healthy boundaries and say no when needed

I participate in comforting activities (sauna, massage, bath)

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1 2 3 ★ **Social Self-Care**

I have friends that understand me

I have meaningful conversations

I can ask friends/family for help when I need it

I actively work to maintain relationships/friendships

I do fun activities with friends and/or family

I can interact with and meet new people

1 2 3 ★ **Professional Self-Care**

I take my lunch breaks during work

I am able to balance my professional life and my work life

I understand my value at work and feel valued at work

I can advocate for fair pay, benefits, and other needs

I am confident when speaking with colleagues

I am comfortable with my workspace/office