

SELF-CARE ASSESSMENT

This assessment tool provides an overview of effective strategies to maintain self-care and can allow you to observe areas where you may want to develop more protective factors. After completing the full assessment, choose one item from each area that you will actively work to improve. Using the scale below, rate the following areas in terms of frequency:

- **4 = Frequently**
- **3 = Occasionally**
- **2 = Rarely**
- **1 = Never**

Physical Self-Care

- ___ Eat regularly (e.g. breakfast, lunch and dinner)
- ___ Eat healthy: Proper amount of fruit/veggies, protein etc.
- ___ Exercise: weight training, yoga, home work-outs, strength training, stretching
- ___ Get medical care when needed
- ___ Take time off when needed
- ___ Get massages/physio/chiro
- ___ Dance, swim, walk, run, sports, sing, or do some other physical activity that is fun to you
- ___ Get enough sleep
- ___ Drink 6-8 glasses of water per day
- ___ Take vacations
- ___ Take day trips or stay-vacations/Time in Nature
- ___ Make time away from cell phones/social media/tv

Emotional Self-Care

- ___ Spend time with others whose company you enjoy
- ___ Stay in contact with important people in your life
- ___ Give yourself affirmations, praise yourself
- ___ Love yourself: Look into strategies on how
- ___ Re-read favorite books, re-view favorite movies
- ___ Identify comforting activities, objects, relationships, places and seek them out
- ___ Allow yourself to cry
- ___ Find things that make you laugh
- ___ Watch inspirational videos/Ted Talks of self-care, Happiness and self-compassion

What areas of Self-Care are going well for you?

What areas of Self-Care do you feel you need to work on?

Self-Care Plan: This is your personal care plan

Physical Self Care	Emotional Self Care
What are you currently doing? 1) 2) 3) 4) What would you like to add? 1) 2) 3) 4)	What are you currently doing? 1) 2) 3) 4) What would you like to add? 1) 2) 3) 4)
What barriers are interfering with your self-care strategies? 1. 2. 3. 4.	What can you do to challenge those barriers? 1. 2. 3. 4.