

# Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the assessment, take a look at which categories you have strengths in and which categories you need to work on. Choose at least one item from each category that you will actively work on to improve. The suggestions are not all inclusive, feel free to add your ideas.

Using the scale below, rate the following areas in terms of frequency:

3 = Frequently      2 = Occasionally      1 = Never/It never occurred to me

\*Or if you prefer, just simply mark the ones you focus on and leave blank the ones you don't...

## Physical Self-Care

- Eat regularly
- Eat healthy foods
- Exercise
- Get regular medical care for prevention and/or when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Take vacations (extended, day trips, or mini-vacations)
- Other:

## Psychological Self-Care

- Make time for self-reflection
- Attend counseling/psychotherapy for yourself
- Take breaks from all forms of technology/internet
- Write in a journal
- Read literature that is unrelated to work/parenting
- Decrease stress in your life
- Listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Practice receiving from others
- Say "no" to extra responsibilities
- Other:

## Relational Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life

\_\_\_ If you have a spouse, making your relationship a priority

### **Emotional Self-Care**

\_\_\_ Give yourself affirmations/praise yourself

\_\_\_ Love yourself

\_\_\_ Re-read favorite books/re-watch favorite movies

\_\_\_ Identify comforting activities, objects, people, relationships, places and seek them out

\_\_\_ Allow yourself to cry

\_\_\_ Find things that make you laugh

\_\_\_ Other:

### **Spiritual Self-Care**

\_\_\_ Make time for reflection

\_\_\_ Find a church that you feel a part of

\_\_\_ Meditate

\_\_\_ Pray

\_\_\_ Sing

\_\_\_ Read the Bible and other Christian literature

\_\_\_ Find a Christian mentor

\_\_\_ Other:

### **Workplace or Professional Self-Care**

\_\_\_ Take a break during the workday (e.g. lunch)

\_\_\_ Take time to chat with co-workers

\_\_\_ Make quiet time to complete tasks

\_\_\_ Set limits/boundaries

\_\_\_ Negotiate for your needs (benefits, pay raise, less requirements etc.)

\_\_\_ Other:

### **Balance**

\_\_\_ Strive for balance within your work-life and workday

\_\_\_ Strive for balance among work, family, relationships, play, and rest

\_\_\_ Know your limits and be able to establish boundaries according to your limits

\_\_\_\_ Be OK with saying “No”