

Your Self-Care Assessment

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

5 - Frequently 4 - Occasionally 3 - Rarely 2 - Never 1 - It never occurred to me

Physical Self-Care

- Eat breakfast, lunch, and dinner
- Eat with a focus on healthy foods
- Cook for yourself and/or others
- Take supplements and/or herbs, essential oils, homeopathy
- Live with a conscious emphasis on health (e.g. weight, lifestyle choices)
- Be attentive to hygiene or grooming
- Exercise at least 4 times/week (including yoga, Tai Chi, Chi Gong, other martial arts)
- Seek regular preventive care (screenings, check-ups)
- Go for medical care when needed (including naturopathy and other alternative care)
- Receive massages, Reiki, acupuncture and other complementary modalities to feel better
- Dance, music, play cards, read, paint/other artistic endeavors, knit/other crafts for enjoyment
- Get enough sleep
- Take time to be sexual with yourself and/or with a partner
- Unplug from electronics regularly (at least once day for a period of time)
- Other:

Psychological Self-Care

- Use mindfulness techniques to help remain present
- Write in a journal
- Read literature that is unrelated to work
- Do something which you are not in control of or not an expert in for fun or to learn
- Meditate (a mindfulness technique)
- Share different aspects of yourself with others
- Listen to your inner thoughts; noticing self-judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, theater performance, movie
- Practice feeling comfortable receiving from others
- Be curious
- Be comfortable saying “no” to extra responsibilities
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself recognition when deserved
- Love yourself

- ___ Choose comforting activities, objects, people, relationships, animals, and places
- ___ Own a pet
- ___ Allow yourself to cry
- ___ Find things that make you laugh
- ___ Express your outrage in social action, letters and donations, protests
- ___ Express your feelings to others
- ___ Play with children
- ___ Other:

Spiritual Self-Care

- ___ Make time for self-reflection
- ___ Spend time in nature
- ___ Seek out a spiritual connection or community
- ___ Be open to inspiration
- ___ Feed your optimism and hope
- ___ Focus on being grateful and what holds meaning to you
- ___ Be open to not knowing
- ___ Meditate
- ___ Pray
- ___ Sing
- ___ Contribute/volunteer to causes you believe in
- ___ Read/listen to inspirational literature (Ted Talks, music, etc.)
- ___ Other:

Workplace/Professional Self-Care

- ___ Take a break during the work day (e.g. lunch, walking, stretching)
- ___ Set limits and boundaries with co-workers, managers, clients including emails
- ___ Arrange your work space so it is comfortable and comforting
- ___ Have a peer support group
- ___ Negotiate for your pay raises, benefits and other needs
- ___ Stop working long hours week after week
- ___ Learn to say “no” when you have that luxury
- ___ Other:

Balance

- ___ Strive for balance among work, family, relationship, play and rest
- ___ Consciously stimulate the vagus nerve. *Examples:* cold (as in cold showers), yoga, meditation, singing/chanting, positive social relationships, laughter, breathe deeply and slowly, breathing exercises, prayer, probiotics, exercise, massage, fasting, sleeping/laying on your right side, Tai Chi, gargling, acupuncture, serotonin.

Self-care and self-love create the foundation for a healthy mind, body and spirit.