



Self-Care Assessment

Topic: Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment, you will think about how frequently, or how well you are performing different self-care activities.

Action: There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive but serves as a starting point for thinking about your self-care needs.

1.	I do this poorly	/ I do this rarely or not at all
2.	I do this OK	/ I do this sometimes
3.	I do this well	/ I do this often
*	I would like to improve at this	/ I would like to do this more frequently

1.	2.	3.		* Physical Self-Care
				Eat Healthy Foods
				Take care of personal hygiene
				Exercise
				Wear clothes that help me feel good
				Eat regularly
				Participate in fun activities (eg: walking, swimming, dancing, sports)
				Get enough sleep
				Go to preventative medical appointments (eg: checkups, teeth cleaning)
				Rest when sick
				Overall physical self-care

1.	2.	3.		* Psychological/Emotional Self-Care
				Take time off from work, college and other obligations
				Participate in hobbies
				Get away from distractions (eg: phone, social media, email)
				Learn new things, unrelated to work or college
				Express my feelings in a healthy way (eg: talking, creating art, journaling)
				Recognize by own strengths and achievements
				Go on vacations or day trips
				Do something comforting (eg: re-watch a favourite movie, take a long bath)
				Find reasons to laugh
				Talk about my problems
				Overall psychological and emotional self-care

1.	2.	3.	
			* Social Self-Care
			Spend time with people who I like
			Call or write to friends and family who are far away
			Have stimulating conversations
			Meet new people
			Spend time alone with my romantic partner
			Ask other for help, when needed
			Do enjoyable activities with other people
			Have intimate time with my romantic partner
			Keep in touch with old friends
			Overall social self-care

1.	2.	3.	
			* Spiritual Self-Care
			Spend time in nature
			Meditate
			Pray
			Recognise the things that give meaning to my life
			Act in accordance with my morals and values
			Set aside time for thought and reflection
			Participate in a cause that is important to me
			Appreciate art that is impactful to me (eg: music, film, literature)
			Overall spiritual self-care

1.	2.	3.	
			* Professional Self-Care
			Improve my professional skills
			Say “no” to excessive new responsibilities
			Take on projects that are interesting or rewarding
			Learn new things related to my profession
			Make time to talk and build relationships with colleagues
			Take breaks during work
			Maintain balance between my professional and personal life
			Keep a comfortable workspace that allows me to be successful
			Advocate for fair pay, benefits, and other needs
			Overall professional self-care

Benefit: The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognising areas of your life that need more attention.

So, you can see from the above results that any of those items you have marked with a star, are things that perhaps you need to consider more important in your life or do more of! It may be worthwhile taking some time out to reflect on these and see how you might fit them into your life.

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