

Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

Rate the following areas according to how well you think you are doing...

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical Self-Care

___ Eat regularly (breakfast, lunch, and dinner)

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when sick

___ Wear clothes I like

___ Do some fun physical activity

___ Think positive thoughts about my body

___ Exercise

___ Eat healthily

___ Get massages

___ Take vacations

___ Get enough sleep

___ Do some fun artistic activity

___ (Other) _____

Psychological Self-Care

___ Take day trips or mini-vacations

___ Have my own personal psychotherapy

___ Make time away from technology/internet

___ Read something unrelated to work

___ Notice my thoughts, beliefs, attitudes, feelings

___ Engage my intelligence in a new way or area

___ Do something at which I am not expert

___ Make time for self-reflection

___ Write in a journal

___ Attend to minimizing life stress

___ Be curious

___ Say no to extra responsibilities

___ Be okay leaving work at work

___ (Other) _____

Emotional Self-Care

___ Spend time with people whose company I enjoy

___ Stay in contact with important people in my life

___ Re-read favorite books, re-view favorite movies

___ Identify and seek out comforting activities/places

___ Express my outrage in social action or discussion

___ Love myself

___ Allow myself to cry

___ Give myself affirmation/praise

___ Find things that make me laugh

___ (Other) _____

Spiritual Self-Care

- | | |
|--|---|
| <input type="checkbox"/> Make time for reflection | <input type="checkbox"/> Spend time in nature |
| <input type="checkbox"/> Find a spiritual connection or community | <input type="checkbox"/> Be open to inspiration |
| <input type="checkbox"/> Be aware of non-material aspects of life | <input type="checkbox"/> Cherish my optimism and hope |
| <input type="checkbox"/> Try at times not to be in charge or the expert | <input type="checkbox"/> Be open to knowing |
| <input type="checkbox"/> Identify what is meaningful to me | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Seek out reenergizing or nourishing experiences | <input type="checkbox"/> Find time for prayer or praise |
| <input type="checkbox"/> Contribute to causes in which I believe | <input type="checkbox"/> Have experiences of awe |
| <input type="checkbox"/> Read or listen to something inspirational | <input type="checkbox"/> (Other) _____ |

Relationship Self-Care

- | | |
|---|---|
| <input type="checkbox"/> Schedule regular dates with my partner | <input type="checkbox"/> Make time to be with friends |
| <input type="checkbox"/> Call, check on, or see my relatives | <input type="checkbox"/> Ask for help when I need it |
| <input type="checkbox"/> Share a fear, hope, or secret with someone I trust | <input type="checkbox"/> Communicate with my family |
| <input type="checkbox"/> Stay in contact with faraway friends | <input type="checkbox"/> Enlarge my social circle |
| <input type="checkbox"/> Make time for personal correspondence | <input type="checkbox"/> Spend time with animals |
| <input type="checkbox"/> Allow others to do things for me | <input type="checkbox"/> (Other) _____ |

Workplace or Professional Self-Care

- | | |
|--|--|
| <input type="checkbox"/> Take time to chat with coworkers | <input type="checkbox"/> Make quiet time to work |
| <input type="checkbox"/> Identify projects/tasks that are exciting | <input type="checkbox"/> Take a break during the day |
| <input type="checkbox"/> Balance my load so that nothing is "way too much" | <input type="checkbox"/> Set limits with my boss/peers |
| <input type="checkbox"/> Arrange work space to be comfortable | <input type="checkbox"/> Have a peer support group |
| <input type="checkbox"/> Get regular supervision or consultation | <input type="checkbox"/> Identify rewarding tasks |
| <input type="checkbox"/> Negotiate/advocate for my needs | <input type="checkbox"/> (Other) _____ |

Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) _____
- (Other) _____
- (Other) _____



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Mental



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Emotional



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Spiritual



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Relationship

Focus on your mental self-care practice this week. Being a parent is psychologically demanding and requires giving so much attention to your little one. Take time to increase your awareness and tend to your mental needs.

Practice Ideas

Make time for self-reflection

See a counselor

Write in a journal Read books

Try a new activity or sport Practice receiving from others- you don't always have to take care of everyone else

Say no to extra responsibilities

Focus on your emotional self-care practice this week. Being a parent requires you to be a role model of emotional regulation for children on a daily basis. This is a very important and often difficult job. Take time to take care of your emotional needs.

Practice Ideas

Spend time with others whose company you enjoy

Stay in contact with important people in your life

Do something out of your normal routine

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

Say nice things to yourself, because you are AWESOME!

Allow yourself to cry

Find things that make you laugh

Focus on your spiritual self-care practice this week. Being a parent can be inspiring and disheartening at the same time. Take time to connect to whatever gives your life meaning and inspiration and reflect on your spiritual needs.

Practice Ideas

Make time for reflection-journal

Spend time with nature

Find a spiritual connection or community

Be open to inspiration

Be aware of nonmaterial aspects of life

Try at times not to be in charge or the expert

Pray/meditate

Read inspirational books

Volunteer to help others

Focus on your relationship self-care practice this week. Maintaining healthy, supportive relationships is vital in parenting. Take time to practice taking care of yourself and being mindful of your own needs within your close relationships.

Practice Ideas

Tell someone you care about something you appreciate about them

Be clear about your schedule and needs

Take time to do activities with the people you care about that are fun and fulfilling for both of you

Prioritize close and positive relationships in your life

Leave work on time and don't bring work home



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Physical

Focus on your physical self-care practice this week. Being a parent requires a lot of energy and is at times stressful. Take time to check in with your body and make sure you are tending to your physical needs.

Practice Ideas

Eat regularly - Eat breakfast!

Eat healthy

Exercise

Get medical care, make that appointment you have been putting off

Take time off when you are sick

SLEEP, you know how much you need, so get it

Take a mini vacation

Get moving - Dance, swim, walk, run, play sports, sing, walk



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Stress Relief Meditation

