

# Self Care Assessment

In order to actively participate in self-care, people must first gauge the challenges they face in making/taking the time to do so. The assessment tool below provides a starting point for helping students in developing goals with relation to self-care activities.

Because the enjoyment of certain activities varies from person to person, feel free to add your own areas and/or activities to the listings provided. After completing the assessment, select one particular activity from each area and set a goal to spend more time in mindful participation of that activity.



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

5 = Frequently, 4 = Occasionally, 3 = Rarely, 2 = Never and 1 = It never occurred to me.

## Physical Self-Care

- Eat regular meals
- Select healthier options
- Exercise
- Get medical care when needed
- Take time off when sick and rest
- Get a massage
- Have a bath and a face mask
- Participate in fun physical activities
- Get enough sleep
- Wear clothes I like
- Take a holiday
- Other: \_\_\_\_\_

*you're amazing*

## Psychological Self-Care

- Take day trips or mini holidays
- Make time away from phones and internet
- Make time for self-reflection
- Acknowledge my thoughts, beliefs, feelings
- Write in a journal/diary
- Read literature that is unrelated to school
- Do something at which I am not expert
- Attend to minimizing stress in my life
- Engage my intelligence in new areas
- Be curious
- Say no to extra responsibilities sometime
- Other: \_\_\_\_\_

## Emotional Self-Care

- Spend time with others I enjoy
- Stay in contact with important people in my life
- Give myself affirmations, praise myself
- Love myself
- Read favorite books, watch favorite movies
- Seek out comforting activities, people, places
- Allow myself to cry
- Find things that make me laugh
- Other: \_\_\_\_\_

*enjoy every moment.*

## Relationship Self-Care

- Make time to see friends
- Call, check on, or see my relatives
- Spend time with my companion animals
- Stay in contact with faraway friends
- Make time to reply to friends/family
- Allow others to do things for me
- Enlarge my social circle
- Ask for help when I need it
- Tell someone something new who I trust
- Other: \_\_\_\_\_

*be yourself*

## Educational Self-Care

- Make use of break/lunch
- Take time to chat with friends
- Make use of quiet time to complete tasks
- Identify tasks that are exciting and rewarding
- Set yourself realistic targets
- Balance workload so one day isn't "too much"
- Make use of teachers/support staff
- Use a timetable to help balance workload
- Ensure my work space at home is comfortable
- Have a peer support group/buddy
- Other: \_\_\_\_\_

*love*

## Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection
- Be open to inspiration
- Cherish optimism and hope
- Be aware of non-material aspects of life
- Try at times not to be in charge
- Be open to the unknown
- Identify what is meaningful to me
- Meditate
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature
- Listen to inspirational music
- Other: \_\_\_\_\_



## Overall Balance

- Strive for balance within my work load and school day
- Strive for balance within education, family, relationships and rest!

*enjoy!*

*life is good*