Self-Care Assessment Worksheet
This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, you can move on to developing a full self-care plan.

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 regularly (e.g. breakfast, lunch and dinner)
- __ Eat healthy
- __ Exercise
- __ Get regular medical care for prevention
- __ Get medical care 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
- __ Take time to be sexual—with yourself, with a partner
- __ Get enough sleep
- __ Wear clothes you like
- __ Take day trips or mini-vacations
- __ Other:

**Psychological Self-Care**
- __ Make time for self-reflection
- __ Have your own personal psychotherapy
- __ Write in a journal
- __ Read literature that is unrelated to school
- __ Let others know different aspects of you
- __ Notice your inner experience—listen to your thoughts, 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
- __ Practice receiving from others
- __ Be curious
- __ Say “no” to extra responsibilities sometimes
- __ Other:

**Emotional Self-Care**
- __ Spend time with others whose company you enjoy
- __ Stay in contact with important people in your life
- __ Give yourself affirmations, praise yourself
- __ Love yourself
- __ Re-read favorite books, re-view favorite movies
- __ Identify comforting activities, objects, people, relationships, places and seek them out
- __ Allow yourself to cry
- __ Find things that make you laugh
- __ Express your outrage in social action, letters and donations, marches, protests
- __ Play with children
- __ Other:

**Spiritual Self-Care**
- __ Make time for reflection
- __ Spend time with nature
- __ Find a spiritual connection or community
- __ Be open to inspiration
- __ Cherish your optimism and hope
- __ Be aware of nonmaterial aspects of life
- __ Try at times not to be in charge or the expert
- __ Be open to not knowing
- __ Identify what is meaningful to you and notice its place in your life
- __ Have experiences of awe
- __ Read inspirational literature (talks, music, etc.)
- __ Other:

Adapted by BWell Health Promotion from: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)
Develop a Self-Care Plan

1. List the self-care habits you are using now to manage stress and stay healthy:
   (I get at least 8 hours of sleep at night)
   •
   •
   •

2. List the self-care habits you would like to use but are not currently practicing:
   (Practicing yoga regularly)
   •
   •
   •

3. Identify the obstacles keeping you from practicing these habits:
   (I don’t practice yoga regularly because I don’t have the time to)
   •
   •
   •

4. What solutions can you come up with to address the obstacles you listed:
   (I could free up time for myself by watching less TV or waking up earlier)
   •
   •
   •

5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...