

Worksheet Thirty Five

SELF - CARE

Assessment

Complete this assessment to observe how often you participate in specific self-care activities. There is no right or wrong answer. Awareness of where you are with self-care practices today can help you move forward with intention, making adjustments with support.

- | | |
|------------------------------------------|-----------------------------------------|
| 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

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eat healthy foods |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Take care of personal hygiene |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Exercise (or engage in gentle movement) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wear clothes that help me feel good about myself |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eat regularly (based on my health needs) |

Prioritize sleep

*Go to preventative medical appointments
(e.g. checkups, teeth cleanings)*

Take medications as prescribed

Adjust schedule/routine to meet health needs

Overall physical self-care

1. 2. 3.



Psychological/Emotional Self-Care

Participate in hobbies

*Learn new things, unrelated to
work/school/chronic illness*

*Express my feelings in a healthy way (e.g.,
talking, creating art, journaling)*

Keep in touch with old friends/loved ones

*Do something comforting (e.g., re-watch a
favorite movie, take a long bath)*

Find reasons to laugh

Talk about my problems without judgment

*Take time off from work, school, and other
obligations to relax mind and recharge*

*Recognize my achievements of the day (big
or small)*

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 with my romantic partner

Ask others for help, when needed

Do enjoyable activities with other people while considering my needs

Keep in touch with old friends

Participate in a chronic illness support group

Overall social self-care

1. 2. 3. ★ *Spiritual Self-Care*

spend time in nature

Meditate

Pray

Recognize things that have meaning to my life

Act in accordance to my morals and/or values

Set aside time for thought and reflection

Participate in a cause that is important to me

*Appreciate art that is impactful to me (i.e.,
music, film, literature)*

Overall spiritual self-care

Take a few deep breaths and reflect.

What are some areas you feel confident about with your self-care?

What are some areas of self-care that you feel could use improvement?

What are some things that you need/want to support you with those improvements?
