

Self Care Self Check

Using the number scale below, indicate your level of care and attention to each of these selfcare activities and practices.

	1	I do this rarely if ever.	3	I do this most of the time		Date of self check	
	2	I do this occasionally but not often.	4	It's routine, I make this a habit.			

Physical SelfCare	1	2	3	4	Mental	1	2	3	4
Eat a healthy diet.					Learn new things, unrelated to work.				
Drink plenty of water, about 8 glasses a day.					Spend time away from phone, email, social media.				
Exercise regularly, at least 30 minutes, 3 days a week.					Maintain a sense of humor, add laughter to each day.				
Get enough sleep to feel rested.					Are able to clear mind of stressors.				
Prioritize preventative health- keep regular appointments, get vaccinated.					Able to set boundaries; say "no" when it doesn't align with my values				
Know my health, what I need to do to stay healthy or be healthier.					Spend time with people who make me feel safe and understood.				
Drink alcohol in moderation or not at all.					Know my own strengths and recognize my limitations.				
Participate in an activity or sport for fun.									

Emotional	1	2	3	4	Spiritual	1	2	3	4
Have a friend I can talk to when things are bothering me.					Spend time in nature, at least 3 times a week.				
Disconnect from people or media that are toxic.					Meditate or pray on a regular basis.				
Make a habit of expressing gratitude or showing kindness to others.					Set aside time to think and reflect.				
Am basically optimistic, able to find something positive in each day.					Recognize the things that give my life meaning.				
Able to take time away from work and obligations.					Attend events that allow me to think outside of myself (church, cause, etc)				
Can ask others for help when needed.					Do things that inspire me (sing, read, listen to inspiring podcasts, etc)				
Can express my feelings in healthy ways (journaling, art, music, talk, etc.).					Be open to not knowing				

Energizing	1	2	3	4	What's next? Look at what areas are solid-- physically you eat right and take care of your health. Great, you are on the right track, maintain what you're doing. Then look at the areas where you give the least amount of attention or time to taking care of you. Find activities and practices that will strengthen those areas and will increase your feeling of control. Deliberate steps turn into habits that lead to less stress and a healthier, happier life.
Socialize with people whose company I enjoy.					
Say "yes" to projects that are interesting and rewarding.					
Have a creative outlet, a way of expressing your creativity.					
Have a hobby I can "get lost in" where you lose all track of time.					
Are part of a community with shared values, interests, or beliefs.					
Volunteer for a cause, something I believe in or enjoy.					