**Self-Care Assessment and Action Plan**

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 a healthy and nutritionally balanced diet

\_\_\_ Drink adequate water to be fully hydrated

\_\_\_ Exercise on a regular basis

\_\_\_ 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

\_\_\_ Get good sleep – quantity (enough hours)

\_\_\_ Get good sleep – quality (feel rested by sleep)

\_\_\_ Other: You can give yourself points for anything else you do to engage in Physical Self-Care that is not listed here.

**Psychological Self-Care**

\_\_\_ Make time for self-reflection

\_\_\_ Seek therapy when needed

\_\_\_ 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: You can give yourself points for anything else you do to engage in Psychological Self-Care that is not listed here.

**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 anger in social action, letters and donations, marches, protests

\_\_\_ Play with children, animals or in nature

\_\_\_ Other: You can give yourself points for anything else you do to engage in Emotional Self-Care that is not listed here.

**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: You can give yourself points for anything else you do to engage in Spiritual Self-Care that is not listed here.

**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...