Self-Care Assessment Worksheet

This tool provides an overview of effective strategies to maintain self-care based on the 8 dimensions of wellness. After completing the worksheet, choose one item from each area that you will actively work to improve.

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
___ Get enough sleep
___ Wear clothes you like
___ Take vacations, day trips or mini-vacations
___ Make time away from your phone
___ Other:

Intellectual Self-Care
___ Read literature that is unrelated to work
___ Write in a journal
___ Engage your intelligence in a new area, e.g. go to a museum, sports event, theater performance
___ Read inspirational literature (talks, music, etc.)
___ Re-read favorite books, re-view favorite movies
___ Other:

Emotional Self-Care
___ Make time for self-reflection
___ Give yourself affirmations, praise yourself
___ Seek your own counseling
___ Do something at which you are not expert or in charge
___ Decrease stress in your life
___ Find things that make you laugh
Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings

Practice receiving from others

Allow yourself to cry

Be curious

Say “no” to extra responsibilities sometimes

Other:

**Social Self-Care**

Spend time with others whose company you enjoy

Stay in contact with important people in your life

Let others know different aspects of you

Identify comforting activities, objects, people, relationships, places and seek them out

Express yourself through social action and causes important to you

Spend time with family and friends

Other:

**Spiritual Self-Care**

Make time for reflection

Find a spiritual connection or community

Be open to inspiration

Cherish your optimism and hope

Be aware of nonmaterial aspects of life

Be open to not knowing

Identify what is meaningful to you and notice its place in your life

Meditate

Pray

Sing

Have experiences of awe

Other:

**Financial Self-Care**

Establish a monthly and annual budget

Explore financial management resources

Invest in retirement accounts or other savings plans

Develop strategies to reduce debt

Develop an emergency financial plan

Establish a will, power of attorney, or other key financial documents

Other:
Environmental Self-Care
___ Spend time with nature
___ Eat local, explore farmer’s markets, orchards, farms
___ Explore sustainability (reusable shopping bags, recycling)
___ Other:

Occupational Self-Care
___ Take a break during the workday (e.g. lunch)
___ Take time to chat with co-workers
___ Make quiet time to complete tasks
___ Identify projects or tasks that are exciting and rewarding
___ Set limits with your students and colleagues
___ Balance your workload so that no one day or part of a day is “too much”
___ Try at times not to be in charge or the expert
___ Arrange your work space so it is comfortable and comforting
___ Get regular supervision, mentoring or consultation
___ Negotiate for your needs
___ Have a peer support group
___ Strive for balance within your work-life and workday
___ Strive for balance among work, family, relationships, play and rest
___ Other:
Self-Care Action Plan
Neglecting self-care can have negative effects on our wellbeing, leaving us depleted and out of balance. For this reason, it is important to have self-care strategies that address each of these parts of ourselves. It is also important to support self-care for your colleagues and students. On the chart below, identify 1-2 self-care strategies for each dimension of wellness. After you have listed strategies, place a check-mark to any that you do regularly, and put a star next to any you might like to consider adding to your life. When complete, discuss with your supervisor.

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<th>Dimension of Wellness</th>
<th>Self-Care Strategy #1</th>
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