

## Self-Care Assessment:

This assessment is intended to provide you with the chance to look at how you currently engage in self-care and what, if any, change you would like to make? As you go through this, consider the following: What are you already doing well? What would you like to improve on? Use this tool as best fits you; to brainstorm, to reflect, or to plan for the future.

**What does self-care mean to me?**

**How am I currently taking time out of my week to ensure that I am maintaining my wellness?**

**What are some barriers to my self-care routine?**

### Brainstorm:

1. The first thing I do in the morning is: \_\_\_\_\_
2. The last thing I do before bed is: \_\_\_\_\_
3. When I am taking care of myself, I feel: \_\_\_\_\_
4. My favorite self-care activity is: \_\_\_\_\_
5. My least favorite self-care activity is: \_\_\_\_\_
6. I know I need to stop and take care of myself when: \_\_\_\_\_
7. When I am stressed I feel: \_\_\_\_\_
8. I would like to feel: \_\_\_\_\_
9. After I do a self-care activity I feel: \_\_\_\_\_
10. \_\_\_\_\_ is a priority in my life right now.



### Assessment Instructions:

Go through and check off the things you already do for self-care on a daily, weekly or monthly basis. This list is not exhaustive, so feel free to add your own strategies. When you are done, go back through and circle the things you'd like to incorporate into your life more often.

At Health Promotion, we use the Eight Dimensions of Wellness which include physical, emotional, spiritual, occupational, intellectual, social, financial, and environmental wellness. The key to self-care is engaging with something you enjoy and do not feel an obligation to do within each of these categories. Self-care is an intentional and mindful practice.

#### Spiritual:

Spiritual self-care is all about finding meaning in life and experiencing greater connection.

1. Find a spiritual connection or community
2. Identify what is meaningful to me
3. Meditate/Pray/Sing/Yoga/Mindfulness
4. Practice gratitude
5. Other: \_\_\_\_\_

#### Intellectual:

Intellectual self-care nourishes and challenges your mind. It expands your knowledge and curiosity.

1. Read something for enjoyment
2. Be curious and challenge myself
3. Share my knowledge and experiences with others
4. Practice a skill (playing guitar, drawing, etc.)
5. Other: \_\_\_\_\_

#### Emotional:

Emotional self-care is about becoming more self-aware and learning how to manage feelings.

1. Spend time with people I love
2. Give myself affirmations and praise
3. Journal
4. Take time away from my phones, email, social media
5. Other: \_\_\_\_\_

#### Social:

Social self-care is about connection to others; this may look different across the spectrum of extroverts and introverts.

1. Call, check on, or see family and friends
2. Meet new people
3. Share a vulnerability with someone I trust
4. Honor my boundaries that I set in social situations
5. Other: \_\_\_\_\_

#### Occupational:

Occupational self-care is about engaging in rewarding activities and finding satisfying work.

1. Identify projects or assignments that are exciting and rewarding
2. Meet with my teacher/advisor when needed
3. Volunteer
4. Establish a routine
5. Other: \_\_\_\_\_

#### Physical:

Physical self-care is anything we do to care of our bodies.

1. Eat healthy foods and foods I enjoy
2. Exercise and be active
3. Get 7-9 hours of sleep
4. Drink water throughout the day
5. Other: \_\_\_\_\_

#### Financial:

Financial self-care is about finding satisfaction with current and future financial situations.

1. Create a budget and try my best to stick to it
2. Think about my financial future and set financial goals
3. Check my bank account on a regular basis
4. Use financial resources
5. Other: \_\_\_\_\_

#### Environmental:

Environmental self-care recognizes the connection between you and your environment, both natural and societal in belonging and connection.

1. Recognize when my environment is affecting me negatively or positively
2. Spend time in nature
3. Monitor screen time
4. Feel a sense of purpose and belonging
5. Other: \_\_\_\_\_

