



Self-Care Assessment Worksheet

As you go through the assessment, consider how well you are currently doing in each area. For each point, check whether you think you are doing well or whether this needs improvement.

Physical Self-Care (our bodies)

Doing Well Needs Improvement

- Eat 3 meals a day
- Have healthy snacks in between meals
- Drink enough water
- Exercise regularly
- Go for a walk
- Take deep belly breaths
- Light stretching
- Sleep approximately 8 hours

Psychological Self-Care (our minds)

Doing Well Needs Improvement

- Listen to music you enjoy
- Make time for relaxation and take breaks
- Pay attention to your thoughts non-judgementally (negative and positive)
- Practice gratitude and use positive affirmations
- Go on outings that you enjoy
- Read a book, watch favourite tv show or movie
- Try to be playful and have fun more often
- Make a to do list and prioritize tasks



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Emotional Self-Care (our emotions and feelings) Doing Well Needs Improvement

Seek out comforting places, activities and people

Stay in touch with close friends and family

Allow yourself to cry

Treat yourself as you would a close friend

Acknowledge and let yourself feel difficult emotions

Take time to reflect on how you are feeling

Write in a journal

Spiritual Self-Care (forgiveness and letting go) Doing Well Needs Improvement

Spend time in nature

Quiet time during the day

Yoga or relaxation

Forgive yourself and others

Try to let things go and not hold grudges

Get involved in your community and volunteering

Ask for help when needed