

Self-Care Assessment

This self-care list isn't exhaustive but contains suggestions and ideas for self-care. Feel free to add any areas of self-care that are relevant to you. The goal is for us to be able to identify how often and how well we are taking care of ourselves these days.

When completed, look for your strong areas and pay attention to the areas where you may need to put more focus.

Rate the following areas according to how well you think you are doing:

0 – I never do this

1 – I barely or rarely do this

2 – I do this occasionally

3 – I do this well/frequently

Psychological (Mind) Self-Care

- Take time away from phone, email and social media
- Minimize stressors/time management
- Practice stress reducing techniques – breathing, positive self-talk, prayer etc
- Say NO when needed
- Set boundaries and priorities for my time
- Engage in the arts – art, sports events, theater etc
- Take day trips or mini vacations or staycations
- Make time for reflection
- Make time for friends and family
- Read
- Listen to uplifting podcasts
- Ask for help or a listening ear when needed
- Other

Physical (Body) Self-Care

- Eat healthy
- Exercise/walk/yoga/swim/play sports/dance
- Get regular preventative medical care
- Take supplements as needed
- Minimize sitting
- Take time off from work when ill
- Get a massage
- Get enough sleep (7+ hours are recommended)
- Take work breaks throughout the day
- Take vacations
- Other

Spiritual (Spirit) Self-Care

- Make quiet time for daily devotions and reflection
- Read the Bible daily
- Attend worship weekly
- Pray often
- Sing
- Give thanks
- Be grateful for non-material things
- Read inspirational and hopeful material
- Connect with my faith community
- Listen to Christian podcasts
- Contribute my time, money and gifts
- Connect with nature
- Other