Self-care is an important aspect of our wellbeing and mental health that is particularly important after experiencing events that increase stress and affect our ability to cope. Self-care is an ongoing practice that takes intention and patience to integrate into our daily lives.

The following worksheet can be used for assessing your current self-care routine or as a list to help you attend to yourself during these difficult times. Feel free to add areas relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn’t even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

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

<table>
<thead>
<tr>
<th>3</th>
<th>2</th>
<th>1</th>
<th>0</th>
<th>?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do this well (e.g., frequently)</td>
<td>I do this OK (e.g., occasionally)</td>
<td>I barely or rarely do this</td>
<td>I never do this</td>
<td>This never occurred to me</td>
</tr>
</tbody>
</table>

### Physical Self-Care

| ___ Eat regularly (breakfast, lunch, and dinner) | ___ Exercise |
| ___ Get regular medical care for prevention | ___ Eat healthily |
| ___ Get medical care when needed | ___ Receive/Give physical affection |
| ___ Take time off when sick | ___ Move mindfully |
| ___ Yoga, Stretch, Tai Chi, Dance | ___ Get enough sleep |
| ___ Do some fun physical activity | ___ Get fresh air/get outside regularly |
| ___ Think positive thoughts about my body | (Other) ___________________ |

### Psychological Self-Care

| ___ Take breaks from the news and social media | ___ Make time for self-reflection |
| ___ Have my own personal psychotherapy | ___ Make space for downtime |
| ___ Take technology breaks | ___ Attend to minimizing life stress |
| ___ Read something unrelated to school/work | ___ Be curious |
| ___ Notice my thoughts, beliefs, attitudes, feelings | ___ Say no to extra responsibilities |
| ___ Engage my intelligence in a new way or area | ___ Work toward life balance |
| ___ Try new things | (Other) ___________________ |

### Emotional Self-Care

| ___ Spend time with people who affirm my whole self | ___ Love myself |
| ___ Stay in contact with important people in my life | ___ Allow myself to cry |
| ___ Re-read favorite books, re-view favorite movies | ___ Give myself affirmation/praise |
| ___ Identify and seek out safe activities/places | ___ Find things that make me laugh |
| ___ Practice receiving care from others unapologetically | ___ Share your feelings without shame |
| ___ Express myself creatively (art/music/writing) | ___ Listen to/play favorite music |
| ___ Find ways to healthily express my anger/outrage | (Other) ___________________ |
Spiritual (or that which inspires, elicits passion/awe/perspective) Self-Care

- Make time for reflection
- Find a spiritual or awe inspiring connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational
- Spend time with elders/wise people
- Be open to inspiration
- Cherish my optimism and hope
- Invite new/bigger perspectives
- Meditate/Practice mindfulness
- Find time for prayer or praise
- Have experiences of awe
- (Other) ___________________

Relationship Self-Care

- Schedule regular dates with my partner/friends
- Call, check on, or see my relatives
- Share a fear or hope with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Practice healthy boundaries
- Show and receive care/love
- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Make meaningful connections
- Spend time with animals
- Practice honesty/vulnerability
- (Other) ___________________

School or Professional Self-Care

- Take time to chat with classmates/coworkers
- Engage in classes/projects you are passionate about
- Balance my load so that nothing is “way too much”
- Arrange work space to be comfortable
- Get regular mentoring/guidance/supervision
- Negotiate/advocate for my needs
- Make quiet time to work
- Take a break during the day
- Set limits with my peers/boss
- Have a support group
- Identify strengths/rewarding tasks
- (Other) ___________________

Overall Balance

- Strive for balance in all areas of my life on a daily and long-term basis
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) ________________________________________________
- (Other) ________________________________________________
- (Other) ________________________________________________