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| **DEPARTMENT OF HEALTH SERVICES**Division of Public HealthF-02875 (09/2021) | **STATE OF WISCONSIN** |
| **SELF-CARE ASSESSMENT** |
| The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are 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:** |  |
|  | **3** = I do this well or frequently**2** = I do this OK or occasionally**1** = I barely or rarely do this | **0** = I never do this**?** = This never occurred to me |  |
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| **Physical Self-Care** |
|       | Eat regularly (breakfast, lunch, and dinner) |       | Take vacations |
|       | Get regular medical care for prevention |       | Wear clothes I like |
|       | Exercise |       | Do some fun physical activity |
|       | Eat healthily |       | Think positive thoughts about my body |
|       | Get medical care when needed |       | Get enough sleep |
|       | Take time off when sick |       | Do some fun artistic activity |
|       | Get massages |       | Other:       |
| **Psychological Self-Care** |
|       | Take day trips or mini-vacations |       | Notice my thoughts, beliefs, attitudes, feelings |
|       | Make time for self-reflection |       | Be curious |
|       | Have my own personal psychotherapy |       | Say no to extra responsibilities |
|       | Write in a journal |       | Engage my intelligence in a new way or area |
|       | Make time away from technology or internet |       | Be okay leaving work at work |
|       | Attend to minimizing life stress |       | Do something at which I am not expert |
|       | Read something unrelated to work |       | Other:       |
| **Emotional Self-Care** |
|       | Spend time with people whose company I enjoy |       | Give myself affirmation/praise |
|       | Love myself |       | Identify and seek out comforting activities and places |
|       | Stay in contact with important people in my life |       | Find things that make me laugh |
|       | Re-read favorite books or re-watch favorite movies |       | Express my outrage in social action or discussion |
|       | Allow myself to cry |       | Other:       |
| **Spiritual Self-Care** |
|       | Make time for reflection |       | Identify what is meaningful to me |
|       | Spend time in nature |       | Meditate |
|       | Find a spiritual connection or community |       | Seek out reenergizing or nourishing experiences |
|       | Be open to inspiration |       | Find time for prayer or praise |
|       | Be aware of non-material aspects of life |       | Contribute to causes in which I believe |
|       | Cherish my optimism and hope |       | Read or listen to something inspirational |
|       | Try at times not to be in charge or the expert |       | Have experiences of awe |
|       | Be open to knowing |       | Other:       |
| **Relationship Self-Care** |
|       | Schedule regular dates with my partner |       | Make time to be with friends |
|       | Call, check on, or see my relatives |       | Ask for help when I need it |
|       | Share a fear, hope, or secret with someone I trust |       | Communicate with my family |
|       | Stay in contact with faraway friends |       | Enlarge my social circle |
|       | Make time for personal correspondence |       | Spend time with animals |
|       | Allow others to do things for me |       | Other:       |
| **Workplace or Professional Self-Care** |
|       | Take time to chat with coworkers |       | Negotiate and advocate for my needs |
|       | Make quiet time to work |       | Take a break during the day |
|       | Identify projects and tasks that are exciting |       | Set limits with my boss/peers |
|       | Balance my load so that nothing is "way too much" |       | Have a peer support group |
|       | Arrange work space to be comfortable |       | Identify rewarding tasks |
|       | Get regular supervision or consultation |       | Other:       |
| **Overall Balance** |
|       | Strive for balance within my work-life and work day |
|       | 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:       |