

# Mind Health Self-Care Assessment

The self-care assessment worksheet provided below is not comprehensive but suggestive. You can add any relevant areas of self-care and evaluate yourself based on how frequently and effectively you're taking care of yourself presently.

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

0	I never do this	1	I barely do this	2	I do this ok	3	I do this well
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Physical Self-Care	0	1	2	3
Eat nutritious and balanced meals regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consciously make healthy eating choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage in physical exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attend regular medical check-ups for preventive care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seek medical care when needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allow yourself time off to rest and recover when sick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Receive massages to relax and rejuvenate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participate in enjoyable physical activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make time for sexual activities, whether with a partner or alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prioritise getting enough sleep to recharge your body and mind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wear clothing that makes you feel comfortable and confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vacations to rest, recharge, and experience new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Psychological Self-Care	0	1	2	3
Take day trips or mini-vacations to break up your routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set aside time away from phones, email, and the internet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prioritise self-reflection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

0

I never do this

1

I barely do this

2

I do this ok

3

I do this well

## Psychological Self-Care (cont.)

0 | 1 | 2 | 3

Pay attention to your inner experience

   

Engage in personal psychotherapy if needed

   

Write in a journal to process your thoughts and emotions

   

Read literature for pleasure, unrelated to work

   

Engage in an activity in which you are not an expert or in charge

   

Minimise stress in your life as much as possible

   

Expand your knowledge and curiosity by attending events

   

Embrace curiosity as a mindset for learning and exploration

   

## Emotional Self-Care

0 | 1 | 2 | 3

Spend time with people whose company you enjoy

   

Stay in touch with important people in your life

   

Practice self-affirmation and self-praise

   

Cultivate self-love

   

Revisit favorite books or movies for comfort

   

Seek out activities, objects, people, or places that bring comfort

   

Allow yourself to express emotions by crying when needed

   

Seek out sources of laughter and joy

   

## Spiritual Self-Care

0 | 1 | 2 | 3

Make time for self-reflection

   

Spend time in nature to connect with the environment

   

Cultivate a spiritual connection that aligns with your beliefs

   

Remain open to inspiration from various sources

   

Nurture your optimism and hope for the future

   

Identify what's meaningful to you &amp; prioritise its place in your life

   

Practice meditation to promote inner calm and focus

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Spiritual Self-Care (cont.)	0	1	2	3
Engage in prayer as a form of spiritual practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sing to express yourself creatively and emotionally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seek out experiences that evoke feelings of awe and wonder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contribute to causes that align with your values and beliefs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read inspirational literature or listen to uplifting talks, music etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Relationship Self-Care	0	1	2	3
Schedule regular dates with your partner/spouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Schedule regular activities with your children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prioritise spending time with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay in touch with and check on your relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time with your companion animals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep in touch with faraway friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make time to reply to personal emails and letters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allow others to help when needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expand your social circle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice asking for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Share with someone you trust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workplace or Professional Self-Care	0	1	2	3
Take breaks during the workday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chat with co-workers to foster social connections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set aside quiet time to complete tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify exciting and rewarding projects or tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set limits with clients and colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balance your caseload to avoid feeling overwhelmed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Create a comfortable and productive workspace	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Workplace or Professional Self-Care (cont.)	0	1	2	3
Get regular supervision or consultation for support and feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advocate for your needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Join a peer support group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Develop a non-trauma area of professional interest (if relevant)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall Balance	0	1	2	3
Strive for balance within your work-life and workday to avoid overworking and burnout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strive for balance among work, family, relationships, play, and rest to promote overall well-being and happiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### What Next?

After completing the assessment, analyze your responses for any recurring patterns. Do you tend to prioritise certain self-care practices while neglecting others? Are there specific items on the list that you find unappealing or unsuitable for yourself? Pay attention to your inner responses and thoughts about self-care and prioritizing yourself. Make note of any self-care practices that you'd like to incorporate more into your daily routine.