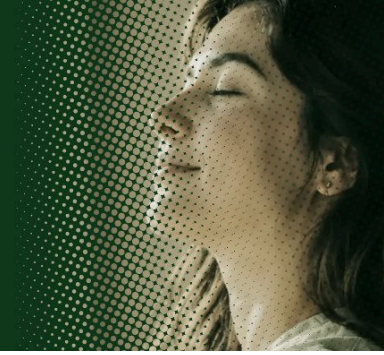
mindhealth WORKSHEET

SELF-CARE · CHECK IN WITH YOURSELF

Mind Health Self-Care Assessment

A quick check of where your self-care is holding up and where it has slipped.
Rate each line, add anything that matters to you, and come back to it in a month.



Type into the boxes on screen, or print it and use a pen.

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

0	1	2	3
I never do this	I barely do this	I do this ok	I do this well

Physical Self-Care

	0	1	2	3
Eat nutritious and balanced meals regularly	○	○	○	○
Consciously make healthy eating choices	○	○	○	○
Engage in physical exercise	○	○	○	○
Attend regular medical check-ups for preventive care	○	○	○	○
Seek medical care when needed	○	○	○	○
Allow yourself time off to rest and recover when sick	○	○	○	○
Receive massages to relax and rejuvenate	○	○	○	○
Participate in enjoyable physical activities	○	○	○	○
Make time for sexual activities, whether with a partner or alone	○	○	○	○
Prioritise getting enough sleep to recharge your body and mind	○	○	○	○
Wear clothing that makes you feel comfortable and confident	○	○	○	○
Take vacations to rest, recharge, and experience new things	○	○	○	○

Psychological Self-Care

	0	1	2	3
Take day trips or mini-vacations to break up your routine	○	○	○	○
Set aside time away from phones, email, and the internet	○	○	○	○
Prioritise self-reflection	○	○	○	○
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	○	○	○	○

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Emotional Self-Care	0	1	2	3
Spend time with people whose company you enjoy	○	○	○	○
Stay in touch with important people in your life	○	○	○	○
Practise self-affirmation and self-praise	○	○	○	○
Cultivate self-love	○	○	○	○
Revisit favourite 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 & prioritise its place in your life	○	○	○	○
Practise meditation to promote inner calm and focus	○	○	○	○
Engage in prayer as a form of spiritual practice	○	○	○	○
Sing to express yourself creatively and emotionally	○	○	○	○
Seek out experiences that evoke feelings of awe and wonder	○	○	○	○
Contribute to causes that align with your values and beliefs	○	○	○	○
Read inspirational literature or listen to uplifting talks, music etc.	○	○	○	○

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

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Workplace or Professional Self-Care	0	1	2	3
Take breaks during the workday	○	○	○	○
Chat with co-workers to foster social connections	○	○	○	○
Set aside quiet time to complete tasks	○	○	○	○
Identify exciting and rewarding projects or tasks	○	○	○	○
Set limits with clients and colleagues	○	○	○	○
Balance your caseload to avoid feeling overwhelmed	○	○	○	○
Create a comfortable and productive workspace	○	○	○	○
Get regular supervision or consultation for support and feedback	○	○	○	○
Advocate for your needs	○	○	○	○
Join a peer support group	○	○	○	○
Develop a non-trauma area of professional interest (if relevant)	○	○	○	○

Overall Balance	0	1	2	3
Strive for balance within your work-life and workday to avoid overworking and burnout	○	○	○	○
Strive for balance among work, family, relationships, play, and rest to promote overall well-being and happiness	○	○	○	○

My own areas	0	1	2	3
	○	○	○	○
	○	○	○	○

REFLECT

What next?

After completing the assessment, analyse 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 prioritising yourself. Make note of any self-care practices that you'd like to incorporate more into your daily routine.

Self-care practices I'd like to incorporate more

Need support right now? Lifeline 13 11 14 · Emergency 000 — available 24/7. More options: mindhealth.com.au/urgent-help

TALK TO US WHEN YOU'RE READY
Parramatta and online, Australia-wide · **Book at mindhealth.com.au**
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