

Self-Care Assessment

What are you 2-3 primary self-care strategies?

1)

2)

3)

How would you rate yourself on the following self-care domains?

1. Work

The Job Itself is...

Not Stressful

Very Stressful

1 2 3 4 5 6 7 8 9 10

The People I work with are...

Not Stressful

Very Stressful

1 2 3 4 5 6 7 8 9 10

My Overall Passion for the Job...

Not that Passionate

Very Passionate

1 2 3 4 5 6 7 8 9 10

Other thoughts on self-care and work? What could you do to advocate for a work environment that's more conducive to self-care? Write down a few thoughts about this...

2. Social

Write down the initials of the first few people in your life that come to mind that you consider close and rate them below. They can be family, friends, colleagues, etc....

Person 1: _____

The relationship...

Doesn't Create Stress

Creates a lot of stress

1 2 3 4 5 6 7 8 9 10

Other thoughts about this person:

Person 2: _____

The relationship...

Doesn't Create Stress

Creates a lot of stress

1 2 3 4 5 6 7 8 9 10

Other thoughts about this person:

Person 3: _____

The relationship...

Doesn't Create Stress

Creates a lot of stress

1 2 3 4 5 6 7 8 9 10

Other thoughts about this person:

Write down a few thoughts on how you think you can better manage the relationships with folks in your life that may cause distress. Think about what it would be like to practice compassion towards them.

3. Physical

Rate yourself (circle one) on the following physical self-care activities

Generally, I get enough sleep...

Strongly Disagree Disagree Neutral Agree Strongly Agree

Other thoughts:

Generally, I feel like I eat healthy, nutritiously, and in line with my optimal diet...

Strongly Disagree Disagree Neutral Agree Strongly Agree

Other thoughts:

Generally, I exercise enough to keep my body healthy...

Strongly Disagree Disagree Neutral Agree Strongly Agree

Other thoughts:

I take care of myself when I'm sick or am in pain

Strongly Disagree Disagree Neutral Agree Strongly Agree

Other thoughts:

Write down any other thoughts on how you might improve your physical self-care. You might jot down 2-3 physical forms of self-care and commit to those throughout the week/month.

4. Emotional

Over the course of a given week, I generally feel (circle all that apply but only the ones you feel most during the course of a week)

Happy Joyful Sad Angry Rage Embarrassment
Frustrated Annoyed Irritated Guilty Love
Energized Content Other emotions? _____

I manage the above emotions well...

Strongly Disagree Disagree Neutral Agree Strongly Agree

I sometimes get overwhelmed with emotion at work...

Strongly Disagree Disagree Neutral Agree Strongly Agree

My primary emotional regulation strategies are...

1)

2)

3)

Emotional regulation and management are lifelong practices. Write down what you feel like you can do to improve these skills. Commit to monthly/weekly/daily emotional regulation strategies

5. Spiritual

I feel as though I have purpose in my life...

Strongly Disagree Disagree Neutral Agree Strongly Agree

My job fuels my purpose in life...

Strongly Disagree Disagree Neutral Agree Strongly Agree

What is my relationship to that which is beyond my “self?”

This could be service to others, God, the Universe, thinking beyond your own ego, etc. Write down/draw whatever comes to mind and contemplate how you can align your work with your most authentic life purpose (if not already aligned).