

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

- ___ Let others know different aspects of you
- ___ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ___ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ___ Practice receiving from others
- ___ Be curious
- ___ Say “no” to extra responsibilities sometimes
- ___ Other:

Emotional Self-Care

- ___ Spend time with others whose company you enjoy
- ___ Stay in contact with important people in your life
- ___ Give yourself affirmations, praise yourself
- ___ Love yourself
- ___ Re-read favorite books, re-view favorite movies
- ___ Identify comforting activities, objects, people, relationships, places and seek them out
- ___ Allow yourself to cry
- ___ Find things that make you laugh
- ___ Express your outrage in social action, letters and donations, marches, protests
- ___ Play with children
- ___ Other:

Spiritual Self-Care

- ___ Make time for reflection
- ___ Spend time with nature
- ___ Find a spiritual connection or community
- ___ Be open to inspiration
- ___ Cherish your optimism and hope
- ___ Be aware of nonmaterial aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Be open to not knowing

- ___ Identify what is meaningful to you and notice its place in your life
- ___ Meditate
- ___ Pray
- ___ Sing
- ___ Spend time with children
- ___ Have experiences of awe
- ___ Contribute to causes in which you believe
- ___ Read inspirational literature (talks, music, etc.)

REPLENISH THE WELL :
AN EXPERIENCE IN SELF-CARE

SELF-CARE WORKSHEET

Neglecting self-care can have negative effects on body, mind, and spirit, leaving us depleted and out of balance. For this reason, it is important to have self-care strategies that address each of these parts of ourselves. Organizations also need to support self-care for staff and volunteers. On the chart below, list as many self-care strategies as you can. (An example is given in each area to get you started). After you have listed strategies, place a checkmark in the column that you do regularly, and put a star next to any you might like to consider adding to add to your life.

PHYSICAL	MENTAL (INCLUDES EMOTIONAL)	SPIRITUAL	ORGANIZATIONAL
Aerobic exercise	Sharing upset feelings with a friend	Meditation	Regularly scheduled peer supervision group

Exercise developed by Catherine D. Nugent, Replenish the Well: An Experience in Self-Care, workshop presented at Peer Services: A Life in the Community for Everyone, 5th Annual Conference of the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment's Recovery Community Services Program, Washington, DC, July 13, 2004.