

Brief Self-Care Assessment Worksheet



Rate the following areas in frequency

5=Frequently 4=Occasionally 3=Rarely 2=Never 1=It never occurred to me

Physical Self-Care

Total: _____

- _____ Eat regularly (e.g. breakfast, lunch, and dinner)
- _____ Exercise
- _____ Get regular medical care for prevention
- _____ Get enough sleep
- _____ Make time away from telephones



Psychological Self-Care

Total: _____

- _____ Write in a journal
- _____ Read literature that is unrelated to work
- _____ Decrease stress in your life
- _____ Let others know different aspects of you
- _____ Practice receiving from others

Emotional Self-Care

Total: _____

- _____ Spend time with others whose company you enjoy
- _____ Give yourself affirmations, praise yourself
- _____ Identify comforting activities, objects, people, places & seek them
- _____ Allow yourself to cry
- _____ Find things that make you laugh

Spiritual Self-Care

Total: _____

- _____ Find a spiritual connection or community
- _____ Cherish your optimism and hope
- _____ 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

Workplace/Professional Self-Care

Total: _____

- _____ Take a break during the workday (e.g. lunch)
- _____ Identify projects or tasks that are exciting and rewarding
- _____ Arrange your work space so it is comfortable and comforting
- _____ Get regular supervision or consultation

Balance

Total: _____

- _____ Strive for balance among work, family, relationships, play & rest

Review assigned numbers. Appreciate areas of strengths while making positive changes in areas with significantly low scores to improve balance in life.

**For additional support,
contact
The Employee Assistance
Program at
(754) 322-9900**