

Self Care Assessment

Life Inventory

Is your current lifestyle causing you stress?

The way you live your life can have a big impact on your health, wellbeing, and how well or poorly you handle stress. Below are lifestyle behaviors that affect stress levels. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you take care of yourself can help you manage your stress in the future.

When you are under stress, do you:	Yes	No	When you are under stress, do you:	Yes	No
Smoke/Use Tobacco			Engage in physical activity at least 3 times a week for 30 minutes each time		
Consume more than 2-3 cups of caffeinated drinks per day			Get 6-8 hours of sleep per night		
Drink more than 1-2 alcoholic beverages per day			Maintain healthy eating habits		
Misuse over the counter medications			Maintain healthy alcoholic drinking habits (if any)		
Misuse prescription medications			Make time to relax throughout your day/week as necessary		
Illegal drug use			Check in with yourself emotionally		
Overeat or under eat			Maintain a sense of humor		
Spend too much money			Maintain healthy rituals and routines		
Engage in risky sexual behavior			Maintain relationships with family and/or friends		
Sleep too much			Find different ways to manage stress		

Have angry outbursts			Find ways to control your anger and move past stressful situations		
Blame yourself for anything that goes wrong			Recognize your part in the tough situation but also find ways to move forward		
Overwork or under work			Practice positive self-talk		
Stay silent about problems			Verbalize what you're struggling with in a professional manner		
Other?:			Other?:		
Other?:			Other?:		

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The following checklists are important for assessing self-care but are by no means exhaustive – only suggestive. Feel free to add in areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourselves. When you're finished, take a look at your responses. Are you more active in some areas but ignore others? Are there items on the list below that make you think "I don't currently do this, but maybe I could?" Take particular note of anything you'd like to add in to your life (mainly the ones you score 1 on).

Rating Scale - rate all the areas using the same rating scale

4 – I do this well (or frequently)

3 – I do this ok (or occasionally)

2 – I barely/rarely ever do this

1 – I never do this but would like to

0 – I never do this and am not interested in doing this

Physical Self-Care	Score
Eat regularly (e.g. breakfast, lunch, and dinner)	
Eat healthily	
Exercise	
Get regular medical care for prevention	
Take time off when sick	
Get massages	
Dance, swim, walk, run, play sports, sing, or do some other fun physical activity	
Take time to be sexual - with myself and/or with a partner	
Get enough sleep	
Wear clothes I like	
Take vacation	
Other:	

Psychological Self-Care	
Take day trips or mini-vacations	
Make time away from telephones, email, and the internet	
Make time for self-reflection	
Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings	
Write in a journal	
Read literature that is unrelated to work	
Do something at which I am not expert or in charge	
Attempt to minimizing stress in my life	
Say no to extra responsibilities sometimes	
Emotional Self-Care	
Spend time with others whose company I enjoy	
Stay in contact with important people in my life	
Love myself	
Allow myself to cry	
Find things that make me laugh	
Give myself affirmations, praise myself	
Re-read favorite books, re-view favorite movies	
Identify comforting activities, objects, people, places and seek them out	
Express my outrage in social action, letters, donations, marches, protests	
Other:	
Spiritual Self-Care	
Make time for reflection	

Spend time in nature	
Find a spiritual connection or community	
Be open to inspiration	
Cherish my optimism and hope	
Be aware of non-material aspects of life	
Be open to not knowing	
Meditate / pray	
Have experiences of awe	
Contribute to causes in which I believe	
Identify what is meaningful to me and notice its place in my life	
Other:	
Relationship Self-Care	
Schedule regular dates with my partner, spouse, parents, children	
Make time to see friends	
Stay in contact with faraway friends	
Make time to reply to personal emails and letters	
Allow others to do things for me	
Enlarge my social circle	
Ask for help when I need it	
Share a fear, hope, or secret with someone I trust	
Other:	
Workplace or Professional Self-Care	
Take a break during the workday (e.g., lunch)	
Take time to chat with co-workers	

Make quiet time to complete tasks	
Identify projects or tasks that are exciting and rewarding	
Set limits with clients and colleagues	
Balance my workload so that no one day or part of a day is “too much”	
Arrange work space so it is comfortable and comforting	
Have a peer support group	
Strive for balance within my work-life and work day	
Strive for balance among work, family, relationships, play, and rest	
Other:	