

My Self-Care Assessment: General Health and Well-being

Date _____

1. How would you describe your **overall well-being** at the present time? Poor Average Good Not sure2. How would you describe your **physical health** at the present time? Poor Average Good Not sure3. How would you describe your **mental health** at the present time? Poor Average Good Not sure4. How would you describe your **emotional health** at the present time? Poor Average Good Not sure5. How would you describe your **spiritual health** at the present time? Poor Average Good Not sure6. How would you describe your **relationship health** (i.e., support system, friends, partners, family) at the present time? Poor Average Good Not sure7. How would you describe your health at **work / school** at the present time? Poor Average Good Not sure**Overall?** Poor Average Good Not sure**Write in the letter that is the closest fit:** Yes (Y) / No (N) / Sometimes (S)**I do a satisfactory job with regards to:** Emotional regulation Deep breathing Conflict management Stating my needs directly Personal Boundaries Personal responsibility Money management Care when I am ill Keeping up with my medical check-ups Home care Pet care Hobbies and interests Physical fitness / exercise Hydrate regularly Eating habits Tobacco usage to minimum or non-existent Daily caffeine intake Take my needs into account first Sleep hygiene Other: Self-compassion Positive self-talk Personal hygiene Alcohol Use Drug Use Relaxing Balancing work and life Socializing Playing/having fun Having a sense of humor/not being so serious Spiritual practices i.e., yoga, meditation, religion Personal reflection Gratitude Social media balance Being by myself Healing unresolved PTSD/abuse Letting go of regrets Awareness of my privilege Soothing myself in healthy ways when I am upset I am living a life that is congruent with my personal values. Maintaining my self-care is one of my personal values. I am being the person who I want to be in the world.

General Overview of My Self-Care:
My Definitions, Personal Values & Self-talk

Date _____

My Self-care Assessment:
What does self-care mean to me?

I give myself the following grade for how well I do self-care? Why?

What are the self-care things that I regularly currently do? Make sure you give yourself credit for the many things that you likely already do.

Name 4-8 things that I would (ideally) like to do differently /change to improve my self-care? (To get ideas, review the hand-out "Self-Care for the Socially Conscious")

Self-Care and My Personal Values:
Does my current definition of self-care match my current actual self-care? Why or why not?

Does my current self-care match my values about the person who I want to be? Why or why not?

Self-talk & Self-Compassion:
"Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering." Kristin Neff. Dr. Neff has defined self-compassion as being composed of three main components – self-kindness, common humanity, and mindfulness.

How does negative self-talk contribute to my self-care happening or not?

How frequently am I self-compassionate with myself?

How / why would increasing my self-compassion aid in me doing more self-care?

Blocks to My Self-Care Being What I Want It to Be

Name two of the internal and external challenges / barriers I have to maintaining healthy sustainable self-care:

Internal challenges: (i.e., attitude, I don't deserve it, I am not worth it, I will fail, it's selfish, etc.)

External challenges: (i.e., money, time, too many other demands that are more important, etc.)

Identify the costs and benefits to me doing and not doing self-care:

Benefits to me to <i>not</i> doing self-care	Benefits to me <i>to doing</i> self-care
Costs to me <i>to not</i> doing self-care	Costs to me <i>to doing</i> self-care

Observations about my answers:

Making a realistic and reasonable self-care plan: Pick One thing you will change / do.

For me, a realistic and reasonable sustainable self-care plan needs to include:

- First, accept that I need to make a change
 - It not cost money
 - It be close to home
 - It somehow needs to include a friend for accountability and support
 - I need to log it
 - I need to build in personal acknowledgment
 - I need to set my phone with reminders
 - I need to start with changing only one small thing
 - I need to evaluate my progress
 - I need to designate a time period to make the change
 - I need to not get down on myself if I don't do it as often as I want or even if I quit.
 - I need to not let one or two times of not doing it mean that I will just quit.
- Other:

Today:

One self-care action that is realistic for me to do today:

Here is how I am going to make it happen:

Long-term:

One self-care change that is realistic and reasonable for me to invest in/improve and in a sustaining way is: (The idea is to choose one change to make towards self-care. If it is realistic for you to make more than one change, then do this.)

It is realistic and reasonable to make this change because:

I am choosing this self-care change because:

To make this change happen, I am going to need to make these specific changes in my behavior: *(i.e., start logging my sleep; get a buddy to walk with; bring my lunch a minimum of two times / week; take deep breaths in the car; turn on dance music when I am washing the dishes; not get so down on myself if I don't do the self-care thing that day; positive attitude that tomorrow is another opportunity to get back on it, etc.)*

I am going to make this change happen how, when, where?

What help / support will I need and from who(m):

What will I do to keep myself on track or to get myself back on track?