

SELF-CARE ASSESSMENT

Rate the following areas according to frequency:

3 = I do this frequently

2 = I do this occasionally

1 = I rarely do this

0 = I never do this

- ___ Eat healthy meals regularly (breakfast, lunch, and dinner)
- ___ Engage in physical activity such as: dancing, swimming, walking, running, playing sports, going to the gym, pilates, or some other physical activity that is enjoyable
- ___ Get 7-8 hours of quality sleep each night
- ___ Take regular vacations, including day trips and mini-vacations
- ___ Get regular medical care and attention for the purpose of prevention
- ___ Make time for solitude and self-reflection
- ___ Read self-development and self-help literature
- ___ Demonstrate a healthy ability to say “no” to requests of others
- ___ Communicate personal wants and needs clearly and with confidence
- ___ Give and receive compliments with ease
- ___ Express feelings freely (laugh, cry, get angry, be sad, etc.)
- ___ Participate in professional projects and tasks that are exciting and rewarding

(Adapted from National Alliance on Mental Illness Self-Care Inventory)

Scoring

Calculate your Self-Care Assessment Score by adding each rating.

- 28-36 – You are doing a great job at self-care – keep it up.
- 18-27 – You seem to be neglecting some important aspect of self-care – let’s talk.
- 17 and below – You are in serious need for self-care – let’s work together.