

Self-Care Assessment

Which of these self-care activities do you already do and which ones do you want to add to your life? Make time for self-care on a daily basis; don't wait until you are distressed.

Listen to music.

Spend time outdoors.

Get exercise at least 3 times per week.

Do meditation, yoga, mindful breathing exercises, or guided visualization.

Eat healthy foods.

Eat a healthy amount of food, 3-5 times per day.

Drink plenty of water.

Limit my caffeine intake, especially after lunch.

Make time for enjoyable activities.

Journal.

Spend time with friends that are fun and supportive.

Create, do art, craft, or build something.

Read for pleasure, not just school/work.

Keep my room clean and organized.

Tackle a task that I have been avoiding.

Explore new places or try new activities.

Spend time with pets.

Pray, attend church, or other spiritual activities.

Laugh.

Accept and listen to my feelings.

Express gratitude to myself or others.

Get enough sleep every night.

Wake up at a consistent time each day.

Take medications as prescribed/directed.

Get help for or take care of illness and injury.

Refocus on something else when I am ruminating.

Inspire myself with poems, quotes, or images.

Wear clothes that express you, make you feel good, or are comfortable.

Say no when I need to.

Ask for help.

Balance responsibilities and fun.