

The Self-Care Check-Up

Assessment Tool



Overview:

Self-care activities help you to enhance your well-being and maintain good mental health. They can include habitual, routine activities such as eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in your life. Becoming aware of how often, or how well, you practice self-care activities can help you identify areas you may be neglecting.

Instructions:

This Self-Care Check-Up can help you consider the frequency and quality of your self-care in five important life domains:

- Physical
- Psychological or Emotional
- Social
- Spiritual
- Professional

Using the key provided below, rate how well, or how frequently, you believe that you engage in each activity. If you think of ideas that you'd like to add to the list, use the spaces provided.

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

Physical Self-Care					
Eat regularly (e.g., breakfast, lunch, and dinner)	5	4	3	2	1
Eat healthy foods (e.g. whole foods, fruit and veggies, limit processed, package food high in sugar, additives and preservatives)	5	4	3	2	1
Stay hydrated (e.g. drink between 8-10 cups of water a day)	5	4	3	2	1
Limit caffeine use (max. 1-3 cups per day) and alcohol use (max. 10 standard drinks per week or 4 standard drinks on any one day)	5	4	3	2	1
Take care of your personal hygiene (e.g. teeth, hair, skin, nails)	5	4	3	2	1
Move your body in a way that feel good (e.g. dance, swim, walk, run, play sports, have sex)	5	4	3	2	1
Get enough rest / sleep each day	5	4	3	2	1
Attend preventative health / medical appointments (e.g. medical / dental check-ups, massages, physio/chiro/naturopathy appointments)	5	4	3	2	1
Seek medical treatment for any new or worrying health concerns	5	4	3	2	1
Take time off to rest when sick	5	4	3	2	1
Wear clothes that help you feel good about yourself	5	4	3	2	1
Other:	5	4	3	2	1



For further information, please contact:

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Psychological or Emotional Self-Care

Take time off from work and other obligations (e.g. day trips, holidays, weekends away)	5	4	3	2	1
Participate in hobbies you enjoy (e.g. crafts, reading, TV, sports)	5	4	3	2	1
Switch off from distractions on a regular basis (e.g. phone, computer, emails)	5	4	3	2	1
Learn new things unrelated to work	5	4	3	2	1
Express feelings in a healthy way (e.g. talking, creating art, journaling)	5	4	3	2	1
Recognise your strengths and achievements	5	4	3	2	1
Take time to do something comforting for yourself (e.g. watch a favourite movie, take a long bath, have a facial, do your hair/make-up/nails)	5	4	3	2	1
Find reasons to laugh	5	4	3	2	1
Talk about your problems (e.g. with friends, family or a professional)	5	4	3	2	1
Other:	5	4	3	2	1

Social Self-Care

Spend time with people you like	5	4	3	2	1
Re-connect with friends and family who live far away	5	4	3	2	1
Have stimulating conversations	5	4	3	2	1
Meet new people	5	4	3	2	1
Spend time alone with a romantic partner	5	4	3	2	1
Ask others for help	5	4	3	2	1
Do enjoyable activities with other people	5	4	3	2	1
Keep in touch with old friends	5	4	3	2	1
Accept support, help or care from others					
Other:	5	4	3	2	1



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Spiritual Self-Care

Spend time in nature	5	4	3	2	1
Meditate	5	4	3	2	1
Pray	5	4	3	2	1
Recognise the things that give you meaning in life (e.g. daily gratitude practice)	5	4	3	2	1
Act in accordance with your morals and values	5	4	3	2	1
Set aside time for thought and reflection	5	4	3	2	1
Participate in a cause that is important to you	5	4	3	2	1
Appreciate art or beauty that is impactful (e.g. music, film, literature)	5	4	3	2	1
Other:	5	4	3	2	1

Professional Self-Care

Improve your professional skills or learn new things related to your profession / career (e.g. training, reading, networking)	5	4	3	2	1
Say "no" to excessive new responsibilities	5	4	3	2	1
Take on projects that are interesting and rewarding	5	4	3	2	1
Seek recognition / promotion / reward when deserved	5	4	3	2	1
Make time to talk to and build relationships with your colleagues / customers / clients	5	4	3	2	1
Take breaks during work hours	5	4	3	2	1
Maintain a balance between your professional and personal life	5	4	3	2	1
Keep a comfortable workspace that allows you to be productive and successful	5	4	3	2	1
Advocate for fair pay, benefits and other needs	5	4	3	2	1
Other:	5	4	3	2	1



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