

Self-Care Checkup

Self-care activities help us enhance our 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 our lives.

Becoming aware of how often, or how well, we practice self-care activities can help us identify areas we are neglecting and improve upon them for better mental health.

Instructions

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

- Emotional
- Physical
- Social
- Occupational; and
- Spiritual self-care.

Using the key provided below, rate how you believe you are doing in each activity.

1	<i>I can improve in this</i>
2	<i>I'm average at doing this</i>
3	<i>I do this very well</i>

Then decide whether this is a priority for you or not. For example, you may mark meditation as a '1' on the scale because you do not practice meditation, yet it may not be something you are interested in or that aligns with your personal values. In that case, you would likely not make it a priority to work on, therefore marking 'no' under 'priority?'. Mark 'yes' only if this is something you would like to work on and make a priority.

It's important to remember the list is not exhaustive - some activities or domains may not pertain to you at all, or you may feel that others are missing. If you think of ideas that you'd like to add to the list, use the spaces provided at the bottom.

There is no right or wrong way to fill out this form, it is to be used as a guide for yourself to inspire you to work on ways to better your self care.

Rating	Priority?	Emotional Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Enjoying hobbies	
1 2 3	Yes No	'Unplugging' from technology (e.g. email, social media)	
1 2 3	Yes No	Expressing emotions and feelings (e.g. talking, journaling)	
1 2 3	Yes No	Appreciating own talents, accomplishments, and strengths	
1 2 3	Yes No	Taking days off/rest days from responsibilities	
1 2 3	Yes No	Learning about or exploring new things (e.g. hobbies, foreign languages)	
1 2 3	Yes No	Practicing self-nurturing activities (e.g. long bath, gentle walk outdoors)	
1 2 3	Yes No	Laughing about things	
1 2 3	Yes No	Taking a holiday, escape, or mini-break	
1 2 3	Yes No	General emotional self-care	
1 2 3	Yes No		

Rating	Priority?	Physical Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Attending health upkeep appointments (e.g. dental or GP checkups)	
1 2 3	Yes No	Resting when unwell	
1 2 3	Yes No	Drinking enough water	
1 2 3	Yes No	Getting sufficient sleep	
1 2 3	Yes No	Moving your body (e.g. exercise, dancing)	
1 2 3	Yes No	Eating regular meals	
1 2 3	Yes No	Limiting recreational substances (e.g. drugs/ alcohol)	
1 2 3	Yes No	Maintaining good hygiene	
1 2 3	Yes No	Eating a healthy diet	
1 2 3	Yes No	General physical self-care	
1 2 3	Yes No		

Rating	Priority?	Social Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Making time for loved ones	
1 2 3	Yes No	Staying in contact with distant connections (e.g. Zoom, Facetime)	
1 2 3	Yes No	Engaging in mentally stimulating discussions	
1 2 3	Yes No	Being intimate/romantic with someone you feel safe with	
1 2 3	Yes No	Asking for help when you require it	
1 2 3	Yes No	Doing fun activities with others/ enjoyable group activities	
1 2 3	Yes No	Spending quiet private time with a loved one	
1 2 3	Yes No	Making new friends/talking to new people	
1 2 3	Yes No	Overall social self-care	
1 2 3	Yes No		

Rating	Priority?	Occupational Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Seeking support when it's required at work	
1 2 3	Yes No	Maintaining a comfortable or pleasant work environment	
1 2 3	Yes No	Socializing or bonding with co-workers	
1 2 3	Yes No	Balancing work and leisure activities	
1 2 3	Yes No	Accepting stimulating/interesting new tasks or projects	
1 2 3	Yes No	Taking lunch breaks/regular work breaks	
1 2 3	Yes No	Turning down unnecessary/unreasonable tasks	
1 2 3	Yes No	Pursuing further professional development opportunities	
1 2 3	Yes No	Seeking recognition/promotion/reward where deserved	
1 2 3	Yes No	General professional self-care	
1 2 3	Yes No		

Rating	Priority?	Spiritual Self-Care	Notes/ Ways to Improve
1 2 3	Yes No	Enjoying outdoor/nature time	
1 2 3	Yes No	Acts of kindness	
1 2 3	Yes No	Religious practice	
1 2 3	Yes No	Practicing gratitude	
1 2 3	Yes No	Meditating	
1 2 3	Yes No	Allocating quiet time for reflection	
1 2 3	Yes No	Applying personal strengths, talents, or values	
1 2 3	Yes No	Appreciating beauty (e.g. music, art, literature)	
1 2 3	Yes No	General spiritual self-care	
1 2 3	Yes No		

Rating	Priority?	Other Self-Care	Notes/ Ways to Improve
1 2 3	Yes No		
1 2 3	Yes No		
1 2 3	Yes No		
1 2 3	Yes No		
1 2 3	Yes No		
1 2 3	Yes No		
1 2 3	Yes No		
1 2 3	Yes No		