Good Self-Care Assessment

Rate each with one of the following: 1 - Rarely 2 - Sometimes 3 - Frequently





- [ ] I get plenty of rest and sleep 7-8 hours daily.
- [ ] I eat healthy foods and regular meals
- [ ] I maintain contact with poeple who support me emotionally
- [ ] I exercise 30 minutes or more 3-5 times per week
- [ ] I take a break at work every 1 - 1.5 hours to stretch and move around
- [ ] I engage in spiritual activities regularly
- [ ] I play! I do something fun at least once a week
- [ ] I nurture my relationships - call/write/email/visit/talk/date
- [ ] I get outside daily - the fresh air and lush greenery (or invigorating snow) are good for me
- [ ] I use my down time to rejuvenate - do something I enjoy

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