



Tell us what you think! 



SELF-CARE ASSESSMENT HOW IS YOUR SELF-CARE?

Check out the evidence! 


The goal of this self-care assessment exercise is to become aware of your **overall self-care habits**.⁹
Reflect on each item and think back to how often you tend to do this activity, if ever.



Put a check mark if you do this *fairly often* or *frequently*.



Otherwise put an X mark.

If you have a lot of X marks in an area, that's an indication that you may need to do **more self-care** in this area. 

PHYSICAL SELF-CARE ¹



Activities that help improve our physical health and well-being.

- Eat regularly (e.g., breakfast, lunch, & dinner)
- Take time off when you are sick
- Go on day trips or mini vacations

- Get enough sleep
- Limit use of stressful technology (e.g., cellphones, email)
- Wear clothes you feel good in
- Take time to stretch
-
-
-

PSYCHOLOGICAL SELF-CARE ¹⁰



Activities that help us to feel calm and engaged with challenges in our own life.

- Read literature unrelated to work
- Spend time outdoors
- Sometimes say no to extra responsibilities

- Take a step to decrease stress in your life (e.g., delegate)
- Make time for self-reflection
- Engage in activities that spark your curiosity
- Talk to someone you trust about issues
-
-
-

EMOTIONAL SELF-CARE ²



Activities that help us regulate, process, and reflect on our emotions.

- Look for comforting activities, objects, people, relationships, and places
- Find things that make you laugh
- Allow yourself to cry

- Treat yourself kindly (e.g., supportive inner dialogue)
- Spend time with others whose company you enjoy
- Re-read or re-watch favourite books, movies, or shows
- Feel proud of yourself
-
-
-



Activities that nurture our spirit and help us think beyond the self.

- Make time for prayer, meditation, reflection
- Listen to inspiring music
- Identify & prioritise what is meaningful to you

- Express gratitude
- Participate in causes consistent with your values
- Celebrate milestones in ways that are meaningful to you
- Nurture others
-
-
-



SOCIAL SELF-CARE ⁷



Activities that help us maintain healthy, supportive relationships.

- Dedicate time for a romantic partner or dating
- Do something nice for a friend/loved one
- Make time to reply to personal emails and send holiday cards to your friends/family members

- Call, check on, or visit your family members or friends
- Allow others to do things for you
- Try a new activity with friends/loved ones
- Ask for help when you need it
-
-
-



ACADEMIC/PROFESSIONAL SELF-CARE ^{3, 4, 6, 8}




Activities that help us work consistently at our own level.

- Take time to chat with peers and colleagues
- Arrange your study/work space comfortably
- Identify and find tasks that are rewarding and promote growth

- Balance your work so that no one day is “too much”
- Set limits with peers and colleagues
- Reach out to a support group
- Search for mentorship opportunities
-
-
-



 **Note:** This is not an exhaustive list of self-care activities but can be a good place to start if you are looking to enhance your self-care.

 **View the Self-Care resource!**

The original self-care assessment: Saakvitne, K. W., Pearlman, L. A., & Traumatic Stress Inst, Ctr for Adult & Adolescent Psychotherapy, LLC. *Transforming the pain: A workbook on vicarious traumatization.* WW Norton & Co.

FEEDBACK & CONTACT INFORMATION



View the reference list for this worksheet

Dr. Nancy Heath
Director of EMHR
Faculty of Education



Contact us for more information at **emhr@mcgill.ca**



nancy.heath@mcgill.ca