

Self-Care Checklist^{*}

SELF-CARE: TAKING AN ACTIVE ROLE IN MAINTAINING ONES OWN MENTAL HEALTH

Instructions:

The checklist below provides examples of different types of self-care. As you read through the list of items, rate them using the scale below to determine how well you are already doing!

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical Self-Care

Eat regularly (e.g. breakfast, lunch, and dinner) _____

Eat healthily _____

Exercise _____

Get regular medical care for prevention _____

Get medical care when needed _____

Take time off when sick _____

Engage in fun physical activity (Dance, swim, walk, run, play sports, sing, etc.)

Take time to be sexual (with myself or with a partner) _____

Get enough sleep _____

Wear clothes I like _____

Take vacations _____

Other:

* Adapted from Self-Care Assessment obtained from: Developing Your Self-Care Plan. (2019, October 28). Retrieved from <http://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

“Learning to love yourself is like learning to walk; essential, life-changing, and the only way to stand tall.”- Vironika Tugaleva

Self-Care Checklist Cont.

Psychological Self-Care

Take day trips or mini-vacations _____

Make time away from telephones, email, and the Internet _____

Make time for self-reflection _____

Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings

Write in a journal _____

Read literature that is unrelated to work/school/growth _____

Do something at which I am not expert or in charge _____

Attend to minimizing stress in my life _____

Engage my intelligence in a new area, e.g., go to an art show, sports event,
theatre _____

Be curious _____

Say no to extra responsibilities sometimes _____

Other:

Emotional Self-Care

Spend time with others whose company I enjoy ____

Stay in contact with important people in my life _____

Give myself affirmations, praise myself _____

Love myself _____

Re-read favorite books, re-view favorite movies _____

Identify comforting activities, objects, people, places, and seek them out _____

Allow myself to cry _____

Find things that make me laugh _____

Other:

“Be you, love you. All ways, always.” — Alexandra Elle

Self-Care Checklist Cont.

Spiritual Self-Care

Make time for reflection _____

Spend time in nature _____

Be open to inspiration _____

Cherish my optimism and hope _____

Be aware of non-material aspects of life _____

Try at times not to be in charge or the expert _____

Be open to not knowing _____

Identify what is meaningful to me and notice its place in my life _____

Meditate _____

Pray _____

Sing _____

Contribute to causes in which I believe _____

Read inspirational literature or listen to inspirational talks, music _____

Other:

Relationship Self-Care

Schedule regular dates with my partner or spouse _____

Schedule regular activities with my children _____

Make time to see friends _____

Call, check on, or see my relatives _____

Spend time with my companion animals _____

Stay in contact with faraway friends _____

Make time to reply to personal emails and letters; send holiday cards _____

Allow others to do things for me _____

Enlarge my social circle _____

Ask for help when I need it _____

Share a fear, hope, or secret with someone I trust _____

Other:

“Talk to yourself like you would someone you love.”

— Brené Brown