



## ***Self-Care Worksheet***

After completing the assessment, fill out the commitments to self-care sheet.

Using the scale below, rate the following areas in terms of frequency:

A = Almost always

F = Frequently

O = Occasionally

R = Rarely

N = Never

I = It never occurred to me

### **Physical Self-Care**

- \_\_\_ Eat regularly (e.g. breakfast, lunch and dinner)
- \_\_\_ Eat healthy food (fruit, veggies, fibre)
- \_\_\_ Hydrate throughout the day
- \_\_\_ Be active (take stairs, walk at noon, evening walk, gym, dance, swim, run, sports etc)
- \_\_\_ Get enough sleep
- \_\_\_ Get regular medical care
- \_\_\_ Take breaks throughout the day (5-10 minutes every 90-120 minutes)
- \_\_\_ Take naps
- \_\_\_ Seek out natural light
- \_\_\_ Avoid overuse of addictive substances
- \_\_\_ Practice calming activities (slow down, deep breathing, superhero pose, meditation)

### **Intellectual Self-Care**

- \_\_\_ Do work that matches your knowledge/skills/interests
- \_\_\_ Learn something new
- \_\_\_ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- \_\_\_ Manage your energy by arranging tasks around your energy cycle
- \_\_\_ Spend time with people who stimulate your mind
- \_\_\_ Increase your mastery in areas where you lack confidence(to decrease anxiety)
- \_\_\_ Participate in Mentoring
- \_\_\_ Be curious
- \_\_\_ Experiment with new ways of doing things
- \_\_\_ Arrange your work space so it is comfortable and functional (you can find things)

Using the scale below, rate the following areas in terms of frequency:

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### **Psychological/Emotional Self-Care**

- \_\_\_ Use your vacation time
- \_\_\_ Take mini-vacations
- \_\_\_ Set boundaries (limits on your time, unplug technology)
- \_\_\_ Say “no” to extra responsibilities
- \_\_\_ Schedule personal time & stick to it
- \_\_\_ Make and maintain social connections (family, friends, clubs)
- \_\_\_ Spend time with others whose company you enjoy and who energize you
- \_\_\_ Limit time with people who deplete your energy or are negative
- \_\_\_ Identify activities and places you enjoy and seek them out (music, hobbies)
- \_\_\_ Allow yourself to cry
- \_\_\_ Find things that make you laugh
- \_\_\_ Develop a relationship with a confidant with whom you can discuss anything
- \_\_\_ Make time to play
- \_\_\_ Ask for support when you need it
- \_\_\_ View stress response as helpful
- \_\_\_ Practice self-reflection- notice your inner experience-listen to your thoughts, judgements, beliefs, attitudes, and feelings
- \_\_\_ Develop at least one friendship at work
- \_\_\_ Practice being present/mindfulness
- \_\_\_ Spend time with pets/animals

### **Spiritual Self-Care**

- \_\_\_ Do things that feed your soul/make you happy/delight you/inspire you
- \_\_\_ Spend time in nature
- \_\_\_ Identify what is meaningful to you and notice its place in your life
- \_\_\_ Connect to communities in tune with your belief system
- \_\_\_ Tune into what inspires you
- \_\_\_ Connect to causes in which you believe
- \_\_\_ Arrange your home space so it is comfortable and comforting
- \_\_\_ Practice gratitude and optimism

## ***Commitments to Myself for Self-Care***

### **1. Physical Self-Care**

I will continue to:

One thing I will actively work on:

### **2. Intellectual Self-Care**

I will continue to:

One thing I will actively work on:

### **3. Psychological/Emotional Self-Care**

I will continue to:

One thing I will actively work on:

### **4. Spiritual Self-Care**

I will continue to:

One thing I will actively work on:

Date:

Signature: \_\_\_\_\_