**Self-Care Assessment Worksheet**

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|  | Physical | Emotional and Psychological | Relationships |
| **Positive Behaviours** | I get enough sleep to feel restored when I wake up  I get regular medical and dental checkups  I take time off work or school when I am sick.  I wear clothes that I like and that feel comfortable.  I take vacations  I engage in a physical activity that I enjoy at least 5 times a week.  Other | I make time for self-reflection.  I am aware of my thoughts, without judgement.  I am aware of my feelings, without judgement.  I write in a journal.  I identify comforting activities and places and seek them out.  I make time to relax.  I make time to play.  I find things that make me laugh.  I have hobbies and interests outside of work or school.  I have compassion for myself and others.  I seek therapy when needed.  Other | I spend time with people whom I enjoy and who sustain and support me.  I have someone in my life who would listen to me if I were upset or just needed to talk (friends, family, a therapist, or clergy).  I stay in contact with important people in my life.  I make time to spend with my family.  Other |

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|  | Physical | Emotional and Psychological | Relationships |
| **Attunement Disrupters** | I often skip meals when I am pressed for time.  I watch more than 2 hours of television each day.  I exercise too much, such as when I am sick or injured.  I smoke (or vape)  I go long periods of time without eating.  I overeat or undereat when I am stressed.  I often multitask while eating, watching tv, checking e-mails, or reading.  I am often sleep deprived.  I drink more than the recommended level of alcohol (more than one or two drinks per day).  Other | I feel guilty if I am not productive or doing something important.  I do not know how to relax.  I engage in harsh or critical self talk.  I don’t allow myself to feel my feelings or cry.  I have a difficult time managing stress.  I self-silence my thoughts and feelings.  My life feels out of control.  Other | I don’t like to burden my friends or family with my problems.  My family doesn’t support me when I have problems.  I worry about what people think of me.  I withdraw from people when I am stressed out.  Other |

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|  | Spiritual | Boundaries |
| **Positive Behaviours** | I spend time in nature.  I make time for reflection.  I seek or participate in a spiritual connection or community.  I am aware of nonmaterial aspects of life.  I seek experiences of awe.  I have a meditation practice.  I pray.  I read or study inspirational books or articles.  Other | I maintain a manageable schedule at work or school, which includes taking breaks.  I take breaks from electronic media including my computer, smartphone or tv.  I say no to extra projects or responsibilities in I am over scheduled.  I set limits with my family and friends.  I set limits with volunteer projects.  I set limits with work, such as not working while on vacation.  I strive for balance among work, family, school, play, relationships and rest.  I speak up when other attempt to cross boundaries.  Other |
| **Attunement Disrupters** | I am mainly drawn to material things.  I don’t take any time to reflect on the meaning of my life.  I always believe I don’t have enough.  I don’t consider the things in my life for which I am grateful.  I don’t consider that I actually have a purpose in this life.  Other | I have a hard time saying no to people’s requests.  I feel I need to make others happy.  I feel selfish if I say no to a request.  I tend to take on too many projects and activities.  I automatically say yes to requests without reflecting on my schedule or prior commitments.  I take pride in being super busy.  Other |

**Self Care Reflection**

Using the information from the Self-Care Assessment, answer the following questions.

1. What trends did you notice in your positive self-care behaviours?

2. What are your **strengths** in self-care behaviour?

3. Are there any categories of self-care that you have not been currently addressing?

4. What categories of self-care need more attention or perhaps just consistency?

5. What were your attunement disrupters?