



self care

ASSESSMENT

3 = I frequently do this ♥ 2 = I occasionally do this ♥ 1 = I rarely do this ♥ 0 = I never do this ♥ ? = I never thought of this

PHYSICAL SELF-CARE

- eat regularly
- eat healthy or balanced meals
- exercise weekly
- get regular medical care for prevention
- take time off when sick or not feeling well
- stretch or practice yoga
- engage in a fun physical activity (dance, walk, sing)
- get enough sleep
- wear clothes that feel comfortable
- take vacations
- other: _____

SPIRITUAL SELF-CARE

- make time for spiritual reflection
- spend time in nature
- spend time in / with a spiritual community
- be open to and look for inspiration
- practice gratitude
- meditate
- contribute to causes in which I believe
- read / listen to inspirational talks or music
- identify what is meaningful to me in life
- practice acceptance
- other: _____

MENTAL SELF-CARE

- take day trips or mini-vacations
- set limits for time spent on phone/social media, etc.
- make time for self-reflection
- write in a journal
- read literature for fun
- do something at which I am not an expert
- practice grounding/deep breathing to release stress
- attend an art show or visit a museum
- be curious about my surroundings
- practice setting boundaries and saying "No."
- other: _____

RELATIONAL SELF-CARE

- do something kind for a stranger
- make time to see friends
- call, check on, or visit my family
- spend time with companion animals
- stay in contact with faraway friends
- send an uplifting text to a friend
- allow others to do things for me
- meet someone new
- ask for help when I need it
- be vulnerable with someone I trust
- other: _____

EMOTIONAL SELF-CARE

- spend time with others whose company I enjoy
- stay in contact with people I love + value
- give myself affirmations + self-love
- re-read a favorite book or re-watch a favorite movie
- allow myself to cry
- watch or listen to something that makes me laugh
- express myself (dance, art, poem, etc.)
- identify + seek out comforting activities
- write a letter of support or forgiveness to myself
- other: _____

ACADEMIC SELF-CARE

- take a break during the day
- take time to chat with classmates
- identify small ways to reward self
- set boundaries between homework and friends
- seek out support from on-campus departments
- create a comforting study space
- ask questions for clarification
- participate in a peer support group
- organize time/tasks with a weekly, daily schedule
- other: _____

