

Routine Self-Care Assessment and Actions (example)



Physical Self-Care

Check-ins:

- Taking Care of your health?
- Eating & sleeping well?
- Do you exercise?

ACTION STEPS:

Make Appts, Change Diet, Use Sleeping aids (Calming sounds, audio books, etc.) _____

Emotional Self-Care

Check-ins:

- Are you in control of your emotions?
- How do you feel right now?
- What is my body saying?

ACTION STEPS:

Visit a friend, Enjoy leisure activity, Meditate or yoga, Breathing _____

Mental Self-Care

Check-ins:

- Are you anxious, depressed?
- Are you doing things that stimulate your mind?
- Having trouble concentrating?

ACTION STEPS:

Keep a journal, Take a course, Watch favorite movie _____

Spiritual Self-Care

Check-ins:

- Do you reflect on life & experiences?
- Do you have activities that nurture your spirit?
- Do you pursue your beliefs?

ACTION STEPS:

Be present, Meditate, Journal, Practice beliefs (e.g., go to church) Be mindful _____

Social Self-Care

Check-ins:

- Do you have face time with friends?
- Are you in touch with family?
- Are you proactively social?

ACTION STEPS:

Date night, Happy hour, Coffee break, Remember birthdays & anniversaries. _____

Self-Care at Work

Check-ins:

- How's your work/life balance?
- Taking breaks to recharge?
- Controlling stress with good boundaries?
- Organized work-space?

ACTION STEPS:

Set priorities, get organized, Calming activities, Brighten work-space, relax after work _____

Routine Self-Care Assessment and Actions

Physical Self-Care

Check-ins:

- Taking Care of your health?
- Eating & sleeping well?
- Do you exercise?

ACTION STEPS:

Emotional Self-Care

Check-ins:

- Are you in control of your emotions?
- How do you feel right now?
- What is my body saying?

ACTION STEPS:

Mental Self-Care

Check-ins:

- Are you anxious, depressed?
- Are you doing things that stimulate your mind?
- Having trouble concentrating?

ACTION STEPS:

Spiritual Self-Care

Check-ins:

- Do you reflect on life & experiences?
- Do you have activities that nurture your spirit?
- Do you pursue your beliefs?

ACTION STEPS:

Social Self-Care

Check-ins:

- Do you have face time with friends?
- Are you in touch with family?
- Are you proactively social?

ACTION STEPS:

Self-Care at Work

Check-ins:

- How's your work/life balance?
- Taking breaks to recharge?
- Controlling stress with good boundaries?
- Organized work-space?

ACTION STEPS:

Routine Self-Care Assessment and Actions

Physical Self-Care

Check-ins:

-

-

-

ACTION STEPS:

Emotional Self-Care

Check-ins:

-

-

-

ACTION STEPS:

Mental Self-Care

Check-ins:

-

-

-

ACTION STEPS:

Spiritual Self-Care

Check-ins:

-

-

-

ACTION STEPS:

Social Self-Care

Check-ins:

-

-

-

ACTION STEPS:

Self-Care at Work

Check-ins:

-

-

-

ACTION STEPS:
