

Self-Care Questionnaire

Use this questionnaire to think of new ways to incorporate self-care into your routine and identify self-care that is working well for you.

Rate each item 1= never 2=sometimes 3=regularly

What area of self-care are you doing the most and the least?

Physical

- Get enough sleep
- Get medical care when needed
- Eat healthy
- Exercise
- Other:

Emotional

- Identify emotions
- Find things you enjoy
- Let yourself cry
- Identify triggers for anger
- Other:

Psychological

- Make time for self-reflection
- Attend therapy sessions
- Take breaks or vacations
- Use a relaxation or calm down strategy
- Other:

Spiritual

- Engage in a spiritual community
- Pray
- Be aware of non material things
- Help others
- Other:

Professional/Academics

- Work or study in a comfortable environment
- Develop plan for work and study with breaks

- Seek out work that is rewarding and exciting
- Set limits on work load
- Other: