Self-care activities help us enhance our well-being and maintain good mental health. They can include habitual, routine activities like eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in our lives.

Becoming aware of how often, or how well, we practice self-care activities can help us identify areas we are neglecting and improve upon them for better mental health.

This Self-Care Checkup can help you consider the frequency and quality of your self-care in five important life domains:

1. Emotional
2. Physical
3. Social
4. Professional
5. Spiritual

Rate how you engage in each activity, on the following scale:

<table>
<thead>
<tr>
<th>I rarely do this</th>
<th>I sometimes do this</th>
<th>I do this often</th>
<th>I’d like to do more of this</th>
</tr>
</thead>
</table>

Attend large meetings about my feelings

It’s important to remember the list is not exhaustive - some activities may not appeal to you at all, or you may feel that others are missing. If you think of ideas that you’d like to add to the list, use the spaces provided.
### Self-Care Checkup

**Emotional**

<table>
<thead>
<tr>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>More Please!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

- Enjoying hobbies
- “Unplugging” from technology, social
- Expressing emotions, feelings
- Appreciating my own talents, accomplishments, and strengths
- Taking rest day / day off from my responsibilities
- Learning about or exploring new things, e.g. hobbies, languages, history
- Practicing self-nurturing activities (baths, walks, spa day)
- Laughing about things
- Taking a vacation
- General emotional self-care
## SELF-CARE CHECKUP

### PHYSICAL

<table>
<thead>
<tr>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>More please!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

- Keeping preventative health appointments (dental, vision, etc)
- Resting when unwell
- Drinking enough water
- Getting sufficient sleep
- Enjoying group exercise
- Eating regular meals
- Exercising outside
- Maintaining good hygiene
- Eating a healthy diet
- General physical self-care
# SELF-CARE CHECKUP

## SOCIAL

<table>
<thead>
<tr>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>More Please!</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

- Making time for friends and family
- Staying in contact with distant connections (phone calls, FaceTime, in person)
- Engaging in mentally stimulating discussions
- Being intimate/romantic with a partner
- Asking for help
- Doing fun stuff with others
- Spending quiet time with a partner
- Making new friends / talking to new people
- Overall social self-care
# Self-Care Checkup

**Professional**

<table>
<thead>
<tr>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>More Please!</th>
</tr>
</thead>
</table>

- Seeing support as needed at work
- Maintaining a comfortable work environment
- Socializing / bonding with co-workers
- “Work Hard, Play Hard”
- Accepting stimulating / interesting new tasks or projects
- Taking lunch breaks / regular work breaks
- Turning down unnecessary / unreasonable tasks
- Pursuing further professional development opportunities
- Seeking recognition / promotion / reward where deserved
- General professional self-care
### SELF-CARE CHECKUP

**SPIRITUAL**

<table>
<thead>
<tr>
<th></th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>More Please!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoying outdoor / nature time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteering for charity / community</td>
<td></td>
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<tr>
<td>Religious practice</td>
<td></td>
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<tr>
<td>Practicing gratitude</td>
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<tr>
<td>Meditating</td>
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<td></td>
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<tr>
<td>Allocating quiet time for reflection</td>
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<tr>
<td>Applying personal strengths, talents, or values</td>
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<tr>
<td>Appreciating beauty (music, arts, literature)</td>
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<tr>
<td>General spiritual care</td>
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</tbody>
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