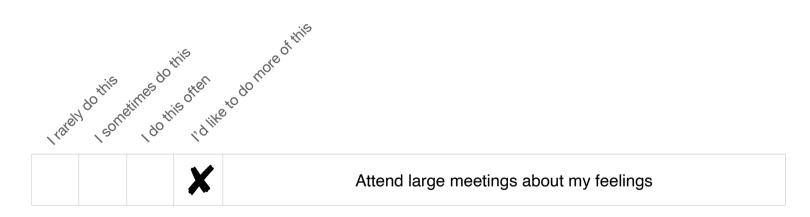
Self-care activities help us enhance our well-being and maintain good mental health. They can include habitual, routine activities like eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in our lives.

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:



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.



EMOTIONAL

Parely Sometimes More diease.

Υ.	5	O,	H.	
				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



PHYSICAL

Rately Sometimes More blease;

 9	0	-	
			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



SOCIAL

Rately Sometimes More blease;

`	9	O	`	
				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



PROFESSIONAL

Prately Solvetimes More diease.

9	0	
		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



SPIRITUAL

Rately Sometimes Note Diease;

 50	0	4	
			Enjoying outdoor / nature time
			Volunteering for charity / community
			Religious practice
			Practicing gratitude
			Meditating
			Allocating quiet time for reflection
			Applying personal strengths, talents, or values
			Appreciating beauty (music, arts, literature)
			General spiritual care

