

SELF-CARE CHECKUP

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:

I rarely do this	I sometimes do this	I do this often	I'd like to do more of this	
			X	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

Rarely	Sometimes	Often	More please!	
				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



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PHYSICAL

Rarely	Sometimes	Often	More please!	
				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



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SOCIAL

Rarely	Sometimes	Often	More please!	
				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



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PROFESSIONAL

Rarely	Sometimes	Often	More please!	
				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



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SPIRITUAL

Rarely	Sometimes	Often	More please!	
				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

