

Self-Care Assessment

Answer “Yes” or “No” to the following statements. Once you have done that you can begin to address the areas of self-care that you would like to improve by implementing small sustainable changes.

Physical Self-Care

I move my body daily
I eat a variety of foods daily
I get 7-9 hours of sleep each night

Emotional Self-Care

I express my emotions in a healthy way
I feel in control of my life
I don't feel overwhelmed by what's going on around me

Social Self-Care

I feel loved and appreciated
I have someone to talk to when I need it
I include social activities on my calendar

Psychological Self-Care

I learn new things unrelated to work or school
I participate in hobbies
I practice mindfulness

Financial Self-Care

I spend within my means
I can afford my costs monthly
I am putting money into savings regularly

Professional Self-Care

I take breaks while studying
I say no to excessive new responsibilities
I maintain balance between my personal and school life

Spiritual Self-Care

I know the things that give meaning to my life
I act in accordance with morals and values

Environmental Self-Care

I maintain an organized study space
I declutter areas of my home regularly
I monitor my technology use



Remember that the information you are gathering is individual to you and you should be your only comparison on your health and wellness journey.