

Self-Care Assessment

3 = I do this frequently. 2 = I do this occasionally. 1 = I do this rarely or not at all

Physical Self-Care

1	2	3	
☐	☐	☐	Eat a nourishing, varied diet
☐	☐	☐	Honor regular mealtimes e.g. Breakfast, lunch, and dinner
☐	☐	☐	Exercise
☐	☐	☐	Participate in fun, physical activities e.g. Walk, swim, dance, run, play sports, or sing
☐	☐	☐	Get enough sleep
☐	☐	☐	Go to preventative medical appointments e.g. Checkups, teeth cleanings
☐	☐	☐	Take time to be sexual with myself or my partner(s)
☐	☐	☐	Wear clothes that make me feel good about myself
☐	☐	☐	Rest when sick
☐	☐	☐	Get holistic physical care e.g. Massages, reiki, acupuncture, energy work
☐	☐	☐	Take prescribed medications and supplements
☐	☐	☐	Practice daily hygiene e.g. teeth brushing, hair care, shower or bathing
☐	☐	☐	Other:

Psychological Self-Care

1	2	3	
☐	☐	☐	Make time for self-reflection
☐	☐	☐	Take mental time off from work, school, and other obligations regularly
☐	☐	☐	Express my feelings in a healthy way e.g. Through journaling, art, talking
☐	☐	☐	Identify and seek comforting activities, objects, relationships, and places
☐	☐	☐	Notice my inner experience e.g. Listening to my thoughts, beliefs, feelings
☐	☐	☐	Get exposed to new fields e.g. Museums, interest courses, cultural events
☐	☐	☐	Give myself positive affirmations
☐	☐	☐	Find reasons to laugh
☐	☐	☐	Allow myself to cry
☐	☐	☐	Read books and articles unrelated to work or school
☐	☐	☐	Take a break from screens e.g. Phone, tv, email
☐	☐	☐	Attend psychotherapy and psychiatry sessions
☐	☐	☐	Other:



Health The Basics Self Assessment Manual

Yan Bai



Health The Basics Self Assessment Manual:

Whispering the Secrets of Language: An Emotional Quest through **Health The Basics Self Assessment Manual**

In a digitally-driven world wherever displays reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases usually go unheard. However, located within the pages of **Health The Basics Self Assessment Manual** a fascinating fictional treasure sporting with organic emotions, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this marvelous opus attracts viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the psychological depths of this touching evaluation, we can embark upon a heartfelt exploration of the book's core styles, dissect their captivating writing model, and succumb to the powerful resonance it evokes serious within the recesses of readers' hearts.

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