

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

Psychological Self-Care

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



Health The Basics Self Assessment Manual

WJ Hussar



Health The Basics Self Assessment Manual:

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