

How well am I taking care of myself?

Rate yourself: 5= Frequently 4= Occasionally 3= Rarely 2= Never 1= Didn't occur to me

Physical self-care

- Eat regularly
- Eat healthfully
- Exercise
- Get regular medical check ups
- Get medical care when needed
- Take time off when sick
- Get massages/ body treatments
- Dance, swim, walk, run, play, etc
- Take time to be sexual
- Get enough sleep
- Wear clothes I like
- Take vacations
- Make time away from phones, computers

Other:

Emotional self-care

- Spend time in the company of those I enjoy
- Stay in touch with important people in my life
- Give myself affirmations, praise
- Love myself
- Revisit favourite books, movies
- Seek out comforting activities, objects, people, relationships, places
- Allow myself to cry
- Find things that make me laugh

Other:

Psychological self-care

- Make time for self-reflection
- Have my own personal counselling
- Write in a journal
- Read literature unrelated to school/work
- Try something I am not expert in or in charge of
- Notice my inner thoughts, judgements, beliefs, attitudes, feelings
- Let others know different aspects of myself
- Engage my intelligence in a new area

- Practice receiving from others
 - Be curious
 - Say 'no' to extra responsibilities when I need to
- Other:

Spiritual self-care

- Make time for reflection
 - Spend time with nature
 - Find a spiritual connection or community
 - Be open to inspiration
 - Be aware of non-material aspects of life
 - Try at times not to be the expert or in charge
 - Be open to not knowing
 - Identify what is meaningful to me
 - Meditate/pray
 - Sing
 - Have experiences of awe
 - Contribute to causes in which I believe read or listen to inspirational literature
- Other:

School/ workplace self-care

- Take a break during the day
 - Take time to chat with colleagues/ other students
 - Make quiet time to complete tasks
 - Identify exciting, rewarding projects
 - Set limits with clients, colleagues, friends
 - Arrange a comfortable work space
 - Get regular feedback from mentors, supervisors, etc
 - Negotiate my needs e.g. schoolwork, extension, deadlines, etc.
 - Have a peer support group
- Other:

Balance

- Strive for balance within my academic and work life
- Strive for balance within my WHOLE life: family, relationships, school, play, rest.

ACTION PLAN:

From the activities above, highlight five you would like to start now.