**Self-Care Assessment Worksheet**

Go through the assessment and consider how you are doing in each category currently. Mark 😊 for areas you are doing well and ☹ for areas of improvement.

1. **Physical Self-Care (our bodies)**

Eat 3 meals a day

Have healthy snacks in between meals

Drink enough water

Exercise regularly

Go for a walk

Take deep belly breaths

☐ Light stretching

Sleep approximately 8 hours

1. **Psychological Self-Care (our minds)**

Listen to music you enjoy

Make time for relaxation and take breaks

Pay attention to your thoughts and notice them (positive or negative)

Practice gratitude and use positive affirmations

Go on outings that you enjoy, i.e. mall, park, library, movies, etc.

Read a book, watch favourite tv show or movie

Try to be playful and have fun more often

Make a to do list and prioritize tasks

1. **Emotional Self-Care (our emotions and feelings)**

Seek out comforting places, activities and people.

Stay in touch with close friends and family

Allow yourself to cry

Treat yourself as you would a close friend

Acknowledge and let yourself feel difficult emotions

Take time to reflect on how you are feeling

Write in a journal

1. **Spiritual Self-Care (forgiveness and letting go)**

Spend time in nature

Quiet time during the day

Yoga or relaxation

Forgive yourself and others

Try to let of things go and not hold grudges

Get involved in community services and volunteering

Ask for help when needed

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