SUN Program Quick Self-Care Assessment

This assessment task will help you identify your use of effective self-care strategies. After completing it, choose an item in each area that you rated below a 3 and brainstorm ways you could increase your self-care management in that area.

Rate your self-care engagement in the areas below using the following scale:
3 = frequently/always  2 = occasionally  1 = rarely  0 = never

**Physical Self-Care**

___ eat regularly (small, frequent meals)
___ eat healthy (emphasize vegetables, fruits, whole grains)
___ exercise regularly (aerobic activity 2.5 hrs/week, strength training 2x/week or more)
___ get enough sleep (aim for 8 hours a night)
___ get medical and dental care when needed
___ follow medical and dental prevention procedures/habits

**Psychological/Emotional Self-Care**

___ engage in a hobby
___ spend time with those whose company you enjoy
___ give yourself praise for things you do well or for good effort
___ take time away from technology
___ make time for meditation/mindfulness activities
___ concentrate on your breathing when feeling stressed
___ try new things (for example, go to a museum or a sports/music/theater event)
look for and cherish the humor and fun in life

Spiritual Self-Care

identify what is meaningful to you and notice its place in your life & your decisions

maintain a gratitude list

spend time in nature

pray, meditate, or sing

perform an act of kindness

be open to inspiration and read inspirational literature or listen to inspiration music/talks

donate time to a worthy cause

School/Workplace Self-Care

plan & take regular breaks during study/work time

take time to chat with your classmates/colleagues

identify projects or tasks that are fun & rewarding

prioritize tasks & break projects into small steps

arrange your study/work space so that it is comfortable

share concerns with a supportive, good listener

see the positive side and pat yourself on the back for a job well done

strive for balance in your work/study with your social life