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