

## 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

### *Ways to Increase Engagement*

- \_\_\_ 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

### *Ways to Increase Engagement*

- \_\_\_ 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**

### *Ways to Increase Engagement*

\_\_\_ 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**

### *Ways to Increase Engagement*

\_\_\_ 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