

# Self-Care Assessment

@KELLYMENTALHEALTH

Name:

Mood:

Date:

Score:

Self-care activities are things that you do to improve your mental wellness. Let's do an assessment to check out some areas where you can learn to improve. Keep in mind, there are no right or wrong answers here.

## Rate Yourself:

- ☐ 1. I do this okay
- ☐ 2. I do this well
- ☐ 3. I would like to improve

1 2 3

- |                          |                          |                          |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating healthy foods                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Personal hygiene (showering, bathing etc.)           |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Exercise   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eat regularly  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Outdoor activities (walking, jogging, running)       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Proper amount of sleep                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Rest when sick                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Participate in hobbies                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Social media break                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Unplug and take vacation or time off                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Talk about my problems to friends, family, therapist |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Express my feelings out loud                         |

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1   2   3

- |                          |                          |                          |   |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do something comforting (relaxing bath, movie night etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eat junk food (In moderation)                             |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Make a day trip   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spend time with people I care about                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Call or write to friends that live far away               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spend time alone  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Ask others for help                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spend time in nature                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Meditate  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Self-reflection   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Improve professional skills                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Take breaks during work                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Maintain balance in work and life                         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Communicate my emotions                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Build healthy relationships                               |