

# Good Self-Care Assessment

Rate each with one of the following: 1 - Rarely 2 - Sometimes 3 - Frequently



☐ I get plenty of rest and sleep 7-8 hours daily.

☐ I eat healthy foods and regular meals

☐ I maintain contact with people who support me emotionally

☐ I exercise 30 minutes or more 3-5 times per week

☐ I take a break at work every 1 - 1.5 hours to stretch and move around

☐ I engage in spiritual activities regularly

☐ I play! I do something fun at least once a week

☐ I nurture my relationships - call/write/email/visit/talk/date

☐ I get outside daily - the fresh air and lush greenery (or invigorating snow) are good for me

☐ I use my down time to rejuvenate - do something I enjoy