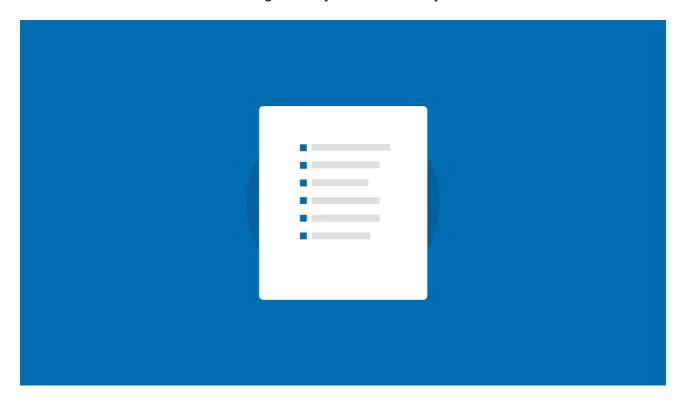
SELF-CARE CHECKLIST

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.



Physical Self-Care

Eat regularly (e.g. breakfast, lunch, and dinner)
Eat healthily
Exercise
Get regular medical care for prevention
Take time off when sick
Get massages
Dance, swim, walk, run, play sports, sing, or do some other physical activity that's fun
Get enough sleep
Wear clothes you like
Take vacations
Take day trips or mini-vacations
Make time away from telephones, pagers, email, internet
Other

Make time for self-reflection
Have your own personal psychotherapy
Write in a journal
Read literature that is unrelated to work
Do something at which you are not expert or in charge
Decrease stress in your life
Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes, and feelings
Let others know different aspect of you
Engage your intelligence in a new area, e.g., go to an art museum, sports event, theater performance
Practice receiving from others
Be curious
Say no to extra responsibilities sometimes
Other
Emotional Self-Care
Spend time with others whose company you enjoy
Stay in contact with important people in your life
Give yourself affirmations, praise yourself
Love yourself
Love yourself Reread favorite books, re-view favorite movies
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Be aware of nonmaterial aspects of life	
Try at times not to be in charge or the expert	
Be open to not knowing	
Identify what is meaningful to you and notice its place in your life	
Meditate	
Pray	
Sing	
Spend time with children	
Have experiences of awe	
Contribute to causes in which you believe	
Read inspirational literature (talks, music, etc.)	
Other:	
Workplace or Professional Self-Care	
Workplace or Professional Self-Care Take a break during the workday (e.g., lunch)	
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