SELF-CARE CHECKLIST

The following worksheet for assessing self-care is not exhaustive, only suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how well you are taking care of yourself these days. Take particular note of anything you would like to include more in your life. Rate the following areas according to how well you think you are doing:

5 = I do this frequently  3 = I rarely do this  1 = This never occurred to me
4 = I do this occasionally  2 = I never do this

PHYSICAL SELF-CARE

____ Eat regularly (breakfast, lunch, dinner)
____ Eat healthy
____ Exercise
____ Get regular medical care for prevention
____ Get medical care when needed
____ Take time off when sick
____ Get massages
____ Dance, swim, walk, run, play sports, sing, or some physical activity
____ Get enough sleep
____ Wear clothes I like
____ Take vacations
____ Take stretch breaks while studying
____ Other: ____________________________

SOCIAL SELF-CARE

____ Schedule regular dates with my partner
____ Make time to see friends
____ Call, check on, or see my relatives
____ Spend time with my companion animals
____ Stay in contact with faraway friends
____ Make time to reply to personal emails and letters and send cards
____ Allow others to do things for me
____ Enlarge my social circle
____ Ask for help when I need it
____ Share a fear, hope or secret with someone I trust
____ Other: ____________________________

SPIRITUAL SELF-CARE

____ Make time for reflection
____ Spend time in nature
____ Find a spiritual connection or community
____ Be open to inspiration
____ Engage in teshuva: Be available to accept an apology. Offer an apology.
____ Be aware of non-material aspects of life
____ Be open to not knowing
____ Identify what is meaningful to me and notice its place in my life
____ Meditate
____ Engage in t'fila: Pray
____ Sing
____ Give tzedakah: contribute to causes in which I believe;
____ Read inspirational literature or listen to inspirational music
____ Other: ____________________________

EMOTIONAL SELF-CARE

____ Spend time with others whose company I enjoy
____ Stay in contact with important people in my life
____ Give myself affirmations, praise myself
____ Love myself
____ Re-read favorite books, re-view favorite movies
____ Allow myself to cry
____ Find things that make me laugh
____ Express my outrage in social action, letters, donations, marches
____ Try at times to not be in charge or the expert
____ Take day trips or mini-vacations
____ Make time away from phones, email and internet
____ Make time for self-reflection
____ Engage in therapy sessions
____ Write in a journal
____ Read literature that is unrelated to work
____ Be curious
____ Do something at which I am not an expert or in charge
____ Minimize stress in my life
____ Engage my intelligence in a new area; art, show, sports
____ Say no to extra responsibilities sometimes
____ Other: ____________________________

OVERALL BALANCE

____ Strive for balance within my work
____ Strive for balance among work, family, relationships, play, and rest

OTHER AREAS OF SELF-CARE THAT ARE RELEVANT TO YOU: