

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
