

Self-care Assessment Worksheet

DIRECTIONS: For each question, please **circle** the answer that is most TRUE for you.

SURROUNDINGS & SYSTEMS

1 ~ Surroundings

- a. My surroundings are tidy and clean, and are filled with things that please me to look at (furniture, artwork, colours, gifts, books, photos).
- b. My things are usually put away and I can have company over with fairly short notice.
- c. I feel uneasy, restless and/or frustrated by my cluttered surroundings.

2 ~ Systems

- a. I have a system for managing my time that works well for me and I always remember my appointments and arrive on time.
- b. I usually remember my appointments and usually arrive on time.
- c. I consistently forget appointments, arrive late, and always feel I have to catch up.

EMOTIONS & THOUGHTS

3 ~ Emotions

- a. I routinely express my emotions & thoughts (reflectively through journaling or individual creative expression, or to others through creative expression or other sharing).
- b. I'm usually aware of what I'm feeling.
- c. I keep my emotions inside and prefer not to pay any attention to them.

4 ~ Stress

- a. I usually feel relaxed, serene and peaceful.
- b. I take breaks almost every day to relax and rejuvenate, and I get out and have fun regularly.
- c. I usually feel stressed out and ready to snap.

5 ~ Thought patterns

- a. I routinely spend time thinking about what I am grateful for, practice affirmations and/or positive self-talk.
- b. I notice when I'm thinking negatively and try and make a choice.
- c. My negative thinking really gets in my way (imagining I know what someone is thinking; self-blame; blaming others; over generalizing; black & white thinking; imagining the worst possible outcome as the truth; "should" statements).

LIFESTYLE HABITS

6 ~ Activity

- a. I move my body every day, in a way that I really enjoy doing.
- b. I am active at different times through the week.
- c. I am a couch potato.

7 ~ Healthy eating

- a. My diet consists mainly of whole foods in their natural form, I eat three meals a day at regular intervals, and I choose healthy snacks to help balance my blood sugar between meals.
- b. I eat three meals a day at regular intervals, and I avoid or moderate foods that are high in sugar, fat and/or calories.
- c. I skip meals, I omit food group categories (such as grains) from my diet, and/or I am concerned about my weight or overall health.

8 ~ Sleep

- a. I get enough sleep every night, waking rested and ready to start the day.
- b. My sleep fluctuates - sometimes I have to "catch up" on my sleep.
- c. I consistently feel over-tired and have difficulty waking up and getting going in the morning.

FRIENDS, FAMILY & PEERS

9 ~ Assertive communication

- a. I am honest in my personal and professional relationships, asking for what I want and need.
- b. I am honest in my relationships and sometimes wish people could guess what I want them to do.
- c. I say "YES" automatically, because I don't want to let anyone down or risk the consequences of saying no.

10 ~ Support

- a. I consistently offer support to others, and also ask for and receive support from others.
- b. I'll give support if I'm asked, and I'll take support if it's offered.
- c. I isolate myself when I'm feeling down, and I'm uncomfortable being around other people when they're feeling down.

Scoring directions: Selecting A = 3 points, B = 2, C = 1. Total your score. Score total results will be discussed during the presentation.