

Self-Care Checkup

Self-care activities help us enhance our well-being and maintain good mental health.

They can include habitual, routine activities such as eating well and getting regular exercise, which often get neglected during particularly difficult or stressful periods in our lives.

Becoming aware of how often, or how well, we practice self-care activities can help us identify areas we are neglecting and improve upon them for better mental health.

Instructions

This *Self-Care Checkup* can help you consider the frequency and quality of your self-care in five important life domains:

- **Emotional**
- **Physical**
- **Social**
- **Professional; and**
- **Spiritual self-care.**

Using the key provided below, rate how well, or how frequently, you believe that you engage in each activity between your therapy sessions.

It's important to remember the list is not exhaustive - some activities may not appeal to you at all, or you may feel that others are missing.

If you think of ideas that you'd like to add to the list, use the spaces provided.

1	<i>I rarely do this</i>	<i>I don't do this well</i>
2	<i>I sometimes do this</i>	<i>I'm average at doing this</i>
3	<i>I do this often</i>	<i>I do this very well</i>
<input type="checkbox"/>	<i>I'd like to do this more often</i>	<i>I'd like to become better at this</i>

Emotional Self-Care		
1 2 3	<input type="checkbox"/>	Enjoying hobbies
1 2 3	<input type="checkbox"/>	'Unplugging' from technology (e.g. email, social media)
1 2 3	<input type="checkbox"/>	Expressing emotions and feelings (e.g. talking, journaling)
1 2 3	<input type="checkbox"/>	Appreciating own talents, accomplishments, and strengths
1 2 3	<input type="checkbox"/>	Taking days off/rest days from responsibilities
1 2 3	<input type="checkbox"/>	Learning about or exploring new things (e.g. hobbies, foreign languages)
1 2 3	<input type="checkbox"/>	Practicing self-nurturing activities (e.g. long bath, gentle walk)
1 2 3	<input type="checkbox"/>	Laughing about things
1 2 3	<input type="checkbox"/>	Taking a holiday, escape, or mini-break
1 2 3	<input type="checkbox"/>	General emotional self-care
1 2 3	<input type="checkbox"/>	

Physical Self-Care		
1 2 3	<input type="checkbox"/>	Attending health upkeep appointments (e.g. dental or GP checkups)
1 2 3	<input type="checkbox"/>	Resting when unwell
1 2 3	<input type="checkbox"/>	Drinking enough water
1 2 3	<input type="checkbox"/>	Getting sufficient sleep
1 2 3	<input type="checkbox"/>	Enjoying group exercise (e.g. gym classes, hobbies)
1 2 3	<input type="checkbox"/>	Eating regular meals
1 2 3	<input type="checkbox"/>	Exercising out of doors
1 2 3	<input type="checkbox"/>	Maintaining good hygiene
1 2 3	<input type="checkbox"/>	Eating a healthy diet
1 2 3	<input type="checkbox"/>	General physical self-care
1 2 3	<input type="checkbox"/>	

Social Self-Care					
1	2	3	<input type="checkbox"/>	Making time for friends or family	
1	2	3	<input type="checkbox"/>	Staying in contact with distant connections (e.g. Skype, Facetime)	
1	2	3	<input type="checkbox"/>	Engaging in mentally stimulating discussions	
1	2	3	<input type="checkbox"/>	Being intimate/romantic with partner	
1	2	3	<input type="checkbox"/>	Asking for help when you require it	
1	2	3	<input type="checkbox"/>	Doing fun activities with others/ enjoyable group activities	
1	2	3	<input type="checkbox"/>	Spending quiet private time with partner	
1	2	3	<input type="checkbox"/>	Making new friends/talking to new people	
1	2	3	<input type="checkbox"/>	Overall social self-care	
1	2	3	<input type="checkbox"/>		

Professional Self-Care					
1	2	3	<input type="checkbox"/>	Seeking support when it's required at work	
1	2	3	<input type="checkbox"/>	Maintaining a comfortable or pleasant work environment	
1	2	3	<input type="checkbox"/>	Socializing or bonding with co-workers	
1	2	3	<input type="checkbox"/>	Balancing work and leisure activities	
1	2	3	<input type="checkbox"/>	Accepting stimulating/interesting new tasks or projects	
1	2	3	<input type="checkbox"/>	Taking lunch breaks/regular work breaks	
1	2	3	<input type="checkbox"/>	Turning down unnecessary/ unreasonable tasks	
1	2	3	<input type="checkbox"/>	Pursuing further professional development opportunities	
1	2	3	<input type="checkbox"/>	Seeking recognition/promotion/reward where deserved	
1	2	3	<input type="checkbox"/>	General professional self-care	
1	2	3	<input type="checkbox"/>		

Spiritual Self-Care				
1	2	3 <input type="checkbox"/>	Enjoying outdoor/nature time	
1	2	3 <input type="checkbox"/>	Volunteering for charity/community	
1	2	3 <input type="checkbox"/>	Religious practice	
1	2	3 <input type="checkbox"/>	Practicing gratitude	
1	2	3 <input type="checkbox"/>	Meditating	
1	2	3 <input type="checkbox"/>	Allocating quiet time for reflection	
1	2	3 <input type="checkbox"/>	Applying personal strengths, talents, or values	
1	2	3 <input type="checkbox"/>	Appreciating beauty (e.g. music, art, literature)	
1	2	3 <input type="checkbox"/>	General spiritual self-care	
1	2	3 <input type="checkbox"/>		