



Holistic Self-Care: Just For Me

Basic Self-Care Self Assessment Tool

Step I:

Set aside 10-minutes where you can comfortably reflect upon yourself and your patterns of self-care. Spend two-minutes clearing your mind by taking several deep slow breaths and exhale any tension or stress.

Step II:

During the next 8-minutes be completely honest with yourself and answer the ten questions below. Evaluate each area, giving yourself an overall rating for 1 - 5, with:

- One being very low self-care,
- Three being the midpoint and
- Five being very high self-care

1. Physical

- a. Do you get at least 7-hours of sleep per night?
- b. Have you seen your medical practitioner, dentist and gynecologist in the past 12-months?

2. Social

- a. Do you have fun with friends or family at least once a week?
- b. Do you have balance in your work and personal life?

3. Spiritual

- a. Do you make daily time for solitude or meditation?
- b. Do you do activities that give you a sense of fulfillment, joy and purpose?

4. Intellectual

- a. Do you learn something new every day!
- b. Do you seek stimulating experiences through cultural events, lectures, books or the media?

5. Psychological

- a. Do you communicate your feelings, needs and desires in a confident manner?
- b. Do you remember the last time you laughed until you cried?