

My Wellness Assessment Worksheet

Self-care is important for the health and well-being of you. Sometimes we need a check-in with ourselves to see how we are doing and perhaps reintegrate self-care into our lives. Below is a list of suggested self-care and wellness activities that you can rate yourself on. Feel free to add activities that are meaningful to you that may not be on this list.

Please rate yourself according to the scale below in terms of occurrence and remember there is no right or wrong answer. If you score yourself a 1 or 2 when you would like to score a 3 or 4, explore this area.

| |
|-----------------------------------|
| 4 – Always |
| 3 – Sometimes |
| 2 – Rarely |
| 1 – Never |
| N/A – I would never practice this |

Physical Self-Care/Wellness

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Take prescribed medications, vitamins
- Get regular medical/dental care check-ups
- Get medical care when needed
- Take time off when sick
- Get massages, have a therapeutic bath (making your own bath bombs!)
- Dance, swim, walk, run, play sports, join a recreation group
- Take time to be sexual
- Get enough sleep
- Wear clothes I like
- Other:

Mental/Emotional Self-Care/Wellness

- Spend time with those whose company I enjoy
- Take a mental health day
- Unplug from technology
- Make time for self-reflection
- Make my own mental health support network
- Write in a journal
- Minimizing stress in my life
- Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- Say no to extra responsibilities sometimes
- Cuddle with pets or animals
- Practice self-compassion
- Re-read favourite books, re-watch favourite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to cry
- Find things that make me laugh
- Other:

Spiritual Self-Care/Wellness

- Spend time in nature
- Find a spiritual connection or community
- Identify what is meaningful to me and notice its place in my life

- ___ Meditate, practice mindfulness (tip: Youtube, Oak, Headspace)
- ___ Pray, practice rituals
- ___ Read inspirational literature or listen to inspirational talks, music
- ___ Other:

Relationship Self-Care/Wellness

- ___ Schedule regular dates with my partner or spouse
- ___ Schedule regular activities with my children
- ___ 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; send holiday 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:

Academic and/or Workplace Self-Care/Wellness

- ___ Take a break during the day (e.g., lunch)
- ___ Take time to chat with peers
- ___ Make quiet time to complete tasks
- ___ Set boundaries with clients, colleagues, friends and peers
- ___ Prioritize tasks/assignments – balance workload
- ___ Arrange work space so it is comfortable and comforting
- ___ Advocate for my needs (extensions, deadlines, benefits, pay raise)
- ___ Have a peer support group, study group
- ___ Identify resources on campus that can help you (i.e. Student Wellness Services)

Financial Self-Care/Wellness

- ___ Pay bills on time
- ___ Save for emergencies/travel/future plans
- ___ Make a budget and track expenses
- ___ Examine bank accounts to ensure it is accurate
- ___ Seek out scholarships/bursaries/loans
- ___ Ask for help when needed; seek a financial advisor

Other Areas of Self-Care that are Relevant to You

- ___
- ___

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton.