

Self-Care Checklist

Rate how often and how well you are taking care of yourself these days by filling in the following checklist. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself the priority.

Rate the following areas in frequency

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care

- Eat regular meals (e.g., breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Utilize campus medical services/identify affordable health care options
- Get medical care when needed
- Take a sick day, when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual - with yourself, with a partner
- Get enough sleep
- Wear clothes that make you feel good/confident
- Explore and visit a new place
- Make time away from devices
- Other:

Psychological Self-Care

- Make time for self-reflection
- Go to counseling/therapy
- Write in a journal
- Read literature that is unrelated to school/work
- Try a new activity
- Practice saying "no"
- Learn and practice stress management techniques
- Notice your inner experience - listen to your thoughts, judgements, beliefs, attitude and feelings
- Engage your intelligence in a new area, e.g., go to an art museum, history exhibit, sports event, auction, theatre performance
- Practice receiving from others
- Be curious
- Say no to extra responsibilities
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Reread favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters, donations, marches, protests
- Play with children/animals
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be open to not knowing
- Identify what is meaningful to you
- Meditate
- Pray
- Sing
- Read inspirational literature (talks, music, etc.)
- Other:

Academic Self-Care

- Take breaks during the school day (i.e. take a walk between classes, make time to eat lunch, etc.)
- Chat with your classmates/peers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Balance your schedule so that each semester feels manageable
- Identify a comfortable space to do your homework
- Utilize academic supports on campus (SCAA, Peer Coaches, Advisors)
- Dedicate time to build a peer support group
- Other:

Balance

- Strive for balance *within* your school-life and school day
- Strive for balance *among* school, work, family, relationships, play and rest