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