ETC Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

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 a priority. Take particular note of anything you would like to include more in your life.

Rate the following areas according to how well you think you are doing:
3 = I do this well (e.g., frequently)
2 = I do this OK (e.g., occasionally)
1 = I barely or rarely do this
0 = I never do this
? = This never occurred to me

Kinesthetic/Physical Self-Care

_____ Eat regular meals
_____ Eat healthily
_____ Exercise regularly
_____ Get regular preventive care
_____ Get medical care when needed
_____ Take time off when sick
_____ Get massages
_____ Do a fun physical activity
_____ Take time to be sexual
_____ Get enough sleep
_____ Wear clothes I like
_____ Take vacations
_____ Other:

Sensory Self-Care

_____ Wear comfortable clothing
_____ Use aroma to enhance or calm mood
_____ Enjoy mindful meals
_____ Appreciate natural beauty (sunset)
_____ Get massage
_____ Hug someone or ask for a hug
_____ Eat fresh, locally grown tasty food
_____ Intentionally use color to enhance/calm mood
_____ Appreciate music I love
_____ Bask in the sound of silence
_____ Other:

Perceptual/Relationship Self-Care

_____ Have regular dates with my partner
_____ Do regular activities with my children
_____ Make time to see friends
_____ Call, check on, or see my relatives
_____ Spend time with my animals
_____ Engage in comforting routine
_____ Arrange home so it is comfortable and comforting
_____ Allow others to do things for me
_____ Set limits with clients and colleagues
_____ Ask for help when I need it
_____ Use art for meditation or stress reduction
_____ Other:

Emotional Self-Care

_____ Spend time with people I enjoy
_____ Contact important people in my life
_____ Give myself affirmations, praise myself
_____ Share emotions with my partner
_____ Re-read favorite books, re-view favorite movies
_____ Identify and seek out comforting activities/people
_____ Allow myself to cry
_____ Find things that make me laugh
_____ Express my outrage in social action
_____ Share a fear, hope, or secret with someone I trust
_____ Other:
Cognitive Self-Care
- Reframe an outdated belief
- Take time away from electronics
- Think Positively
- Have my own personal therapy
- Write in a journal
- Read literature unrelated to work
- Do something at which I am not expert
- Change thoughts about stress in my life
- Engage my intelligence in a new area
- Be curious
- Say no to extra responsibilities
- Other:

Symbolic Self-Care
- Make time for self-reflection
- Spend time in nature
- Find a spiritual connection
- Be open to inspiration
- Tend to my dreams
- Appreciate non-material parts of life
- Create art
- Read or write poetry
- Identify what is meaningful to me
- Meditate
- Pray
- Sing
- Have experiences of awe
- Read or write myth/stories
- Read/listen to inspirational literature
- Other:

Summary of Scores:

ETC Self-Care Self-Assessment

<table>
<thead>
<tr>
<th>Area</th>
<th>Excellent</th>
<th>Can Use Improvement</th>
<th>Reassess This Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinesthetic/Physical</td>
<td>36-25</td>
<td>24-13</td>
<td>12 or less</td>
</tr>
<tr>
<td>Sensory</td>
<td>30-21</td>
<td>20-11</td>
<td>10 or less</td>
</tr>
<tr>
<td>Perceptual</td>
<td>33-23</td>
<td>22-12</td>
<td>11 or less</td>
</tr>
<tr>
<td>Emotional</td>
<td>30-21</td>
<td>20-11</td>
<td>10 or less</td>
</tr>
<tr>
<td>Cognitive</td>
<td>33-23</td>
<td>22-12</td>
<td>11 or less</td>
</tr>
<tr>
<td>Symbolic</td>
<td>45-31</td>
<td>30-16</td>
<td>15 or less</td>
</tr>
</tbody>
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