

## 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- Reframe an outdated belief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**

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