

## SELF-CARE ASSESSMENT

Each question can be answered on a scale of 1 to 5:

- 1: Never or almost never
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Always or almost always

Physical Health	Score
I follow my doctor's recommendations on engaging in physical exercise.	
I get regular medical and dental care each year.	
I address and follow-up with health concerns.	
I eat a nutritionally balanced diet.	
I get an adequate amount of sleep each night.	
I feel rested after sleeping and have good energy throughout the day.	
Mental and Emotional Health	Score
I manage stress effectively.	
I have someone available to talk to about my feelings.	
I engage in enjoyable activities or hobbies each day.	
I say "no" to extra responsibilities if I can't handle them well.	
I maintain a positive mood and outlook.	
I notice and change negative self-talk.	
I allow myself to express my emotions.	
Spiritual and Religious Health	Score
I engage in spiritual or meditative practices	
I spend time outdoors each day (weather permitting).	
I use spirituality or religion as a coping strategy.	
I feel connected to a larger purpose or community.	

## SCORING

Add up the scores from each section. Each question's maximum score is 5, making the total maximum scores for each section as follows:

- Physical Health: 30 points (6 questions x 5 points each)
- Mental and Emotional Health: 35 points (7 questions x 5 points each)
- Spiritual and Religious Health: 20 points (4 questions x 5 points each)

**The overall maximum score is 85 points.**

**MY SCORE:** \_\_\_\_\_

Interpretive Guidelines:

- **68 - 85: Excellent self-care.** You are doing a great job managing your well-being in all aspects. Keep up the good work and continue your practices.
- **51 - 67: Good self-care.** You're taking care of yourself well, but there might be some areas that could benefit from more attention. Explore ways to enhance these aspects of your self-care routine.
- **34 - 50: Moderate self-care.** You're doing okay, but there's room for improvement. Identifying and focusing on areas that need more attention can help you feel even better.
- **17 - 33: Needs improvement.** Some aspects of your self-care routine could benefit from changes and additional support. Consider seeking advice on how to strengthen these areas.
- **0 - 16: Needs attention.** It's important to seek guidance and possibly professional support to enhance your self-care practices. You deserve to feel better, and help is available.

This self-care assessment is designed to help you reflect on key aspects of your well-being, though it is not exhaustive. True self-care isn't just a checklist item to be marked off occasionally; it should be integrated into your everyday life as a continuous practice.

**IMPORTANT: If you are experiencing thoughts of harming yourself or others, it is crucial to seek help immediately. In such situations, call the Suicide and Crisis Lifeline at 988, or emergency services at 911 immediately.**