

Personal Care Assessment

Check the following self-care habits/behaviors/beliefs that you currently have:

PHYSICAL

- I exercise my body regularly.
- I eat regular, well-balanced meals.
- I get enough rest.
- I get enough sleep.
- My sleep is peaceful and undisturbed.
- I feel well-rested in the morning.
- I avoid using caffeine to "keep myself going."
- I avoid drinking too much alcohol or taking other drugs to escape pressure.
- I avoid smoking as a coping mechanism.
- I have adequate time to maintain my physical appearance.

MENTAL

- I avoid over scheduling my time and energy resources.
- I have regular periods of quiet time.
- I have regular periods of non-productivity.
- I take time to think about unsatisfactory areas of my life.
- I am aware of my personal goals.
- I talk gently to myself.
- I freely admit my limitations to myself.

EMOTIONAL

- I know I am well-loved.
- I get my required daily allowance of hugs and close physical contact.
- I play regularly.
- I smile and laugh regularly.
- I laugh at myself regularly.
- I have fun.
- I give myself permission to cry occasionally.
- I give myself permission to be angry occasionally.
- I express my anger appropriately.
- I have frequent periods of recreation.

RELATIONAL

- I am assertive in expressing my needs.
- It is okay to express my limitations to others.
- I have enough time to be with my friends and relatives.
- I have a special friend (or 2 or 3) that I can honestly express my feelings or worries to.
- I have established a good "support system" at work.
- I can say "no" without undue guilt.
- I spend time alone when I feel the need.
- I ask for help when I need it.

SPIRITUAL

- I feel my life is meaningful.
- I know my life has a purpose.
- I regularly take time to nurture my relationship with God.
- I regularly take time to enjoy beauty in all its forms (music, art, rainbows, sunsets, etc.)
- I take time to express my creativity.
- I have a core belief system that organizes my life.
- I regularly take time for introspection (who you are, where you've been/going and why?).