

Self-Care Check-In

Engaging in self-care is one of the most important steps in maintaining a strong sense of self and a high degree of mental wellness. However, while self-care has some shared tenets, it looks different for every individual.

This check-in functions as a quick way to see where more attention is needed to ensure you are meeting your self-care needs. Start by rating each of the self-care domains and then, writing what you have to do in order to meet your needs.

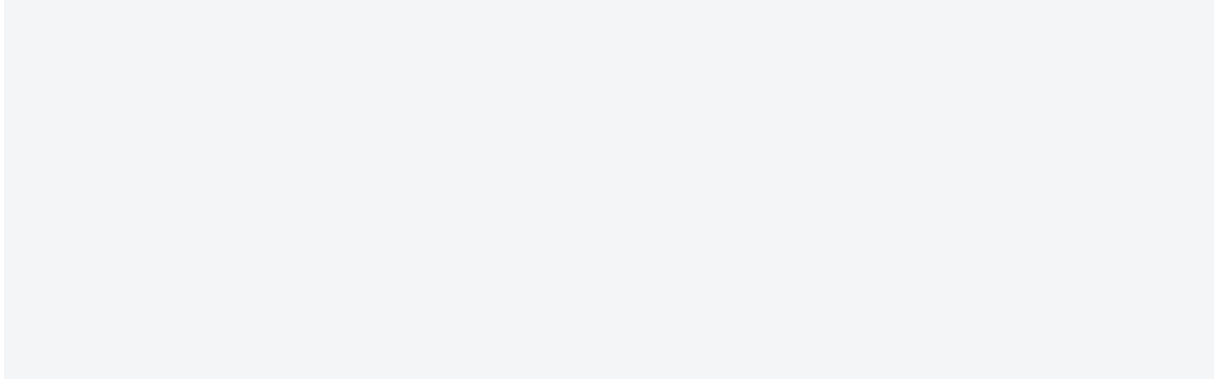
Self-Care Areas	Rating	What can I do to meet this need?
Quality time with Family		
Time Alone		
Opportunities to engage in pleasurable activities		
Friendships		
Relaxation and Peace		
Emotional Health		
Physical Health		

Self-Care Areas	Rating	What can I do to meet this need?
Organization and Structure		
Being Challenged		
Feeling Valued and Loved		

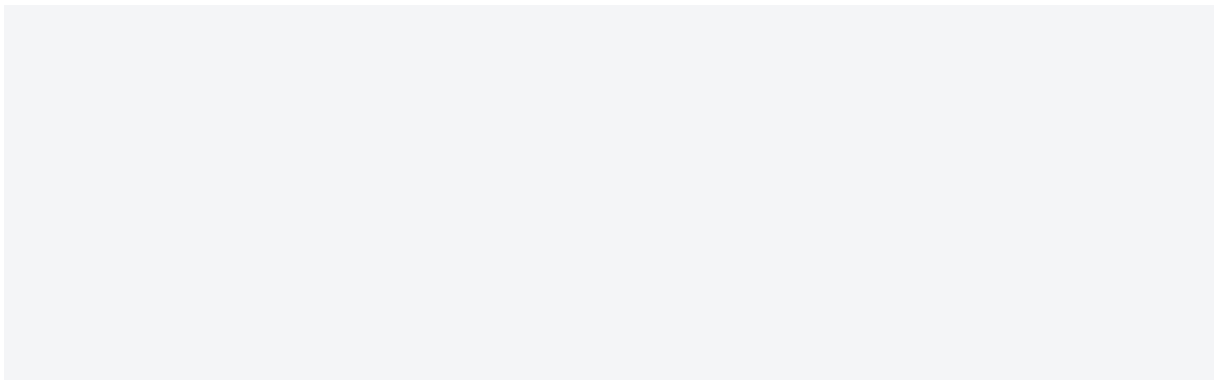
Self Care Bank	
Going for a Walk	Having a Snack
Meditating	Taking a Drink of Water
Listening to Music	Starting a new course
Decluttering your Closet	Reading a book about a hobby you want to try
Watching your favorite television show	Having coffee with a good friend
Doing Yoga	Calling a friend
Other:	

Reflection Questions

1. What patterns do you notice (if any) from your responses?



2. Is there anything general you think you can do to facilitate self-care?



3. What steps can you take to prevent burnout in the future?

