



MEZZO SOLUTIONS

Self-Care Assessment

Self-care activities are things you do to keep your health and well-being in check. This assessment will help you to consider how often and how effectively you engage in self-care activities. The purpose of this assessment is to help you understand how you are caring for yourself in (5) self-care domains.

This assessment does not include all self-care activities, but it will help you start thinking about your self-care needs.

- | | |
|-------------------------------------|---|
| 1 | I do this poorly, I do this rarely, or not at all |
| 2 | I do this OK, I do this sometimes |
| 3 | I do this well , I do this often |
| <input checked="" type="checkbox"/> | I would like to improve at this, I would like to do this more frequently |

1	2	3
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Physical Self-Care

	Eat foods that are healthy for you
	Follow a personal hygiene routine
	Move intentionally for at least 30 minutes per day (e.g. exercise)
	Wear clothes that help me feel comfortable
	Eat regularly
	Participate in fun activities (e.g. walking, swimming, dancing, sports)
	Get enough sleep
	Go to preventative medical appointments (checkups, teeth cleanings)
	Rest when sick
	<i>Total Score</i>

1	2	3
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Psychological Self-Care

	Take time off from work, school, and other obligations
	Participate in hobbies
	Learn new things, unrelated to work or school
	Express my feelings in a healthy way (talking, creating art, journaling)
	Recognize my own strengths and achievements
	Go on vacations or day-trips
	Do something comforting (re-watch a favorite movie, take a long bath)
	Find reasons to laugh
	Talk about my problems
	<i>Total Score</i>

1	2	3
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Social Self-Care

	Spend time with people who I like
	Call or write to friends and family who are far away
	Have stimulating conversations
	Meet new people
	Spend time alone with my romantic partner
	Ask others for help, when needed
	Do enjoyable activities with other people
	Have intimate time with my romantic partner
	Keep in touch with old friends
	<i>Total Score</i>

1	2	3
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Spiritual Self-Care

	Spend time in nature
	Read inspiring material
	Practice Forgiveness
	Unplug from technology
	Recognize the things that give meaning to my life
	Connect with a diverse community
	Set aside time for thought and reflection
	Participate in a cause that is important to me
	Appreciate art that is impactful to me (e.g. music, film, literature)
	<i>Total Score</i>

1	2	3
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Professional Self-Care

	Improve my professional skills
	Say "no" to excessive new responsibilities
	Take on projects that are interesting or rewarding
	Learn new things related to my profession
	Make time to talk and build relationships with colleagues
	Take breaks during work
	Maintain balance between my professional and personal life
	Keep a comfortable workspace that allows me to be successful
	Advocate for fair pay, benefits, and other needs
	<i>Total Score</i>

A score of 17 or below may indicate a need to focus on self-care strategies in a self-care category

A score of 18 or higher indicates that you are doing well in a self-care category

MY SELF-CARE PLAN

When you plan for self-care, it is important to identify what works and what does not work. Reflect and write about your current self-care plan in each of the five areas below.

Determine what activities you want to change or maintain. Write out your new plan for self-care in each area.



PHYSICAL

What are your current Physical Self-Care strategies?

Physical Self-Care Plan:

SOCIAL

What are your current Social Self-Care strategies?

Social Self-Care Plan:

SPIRITUAL

What are your current Spiritual Self-Care strategies?

Spiritual Self-Care Plan:

PROFESSIONAL

What are your current Professional Self-Care strategies?

Professional Self-Care Plan:

PSYCHOLOGICAL

What are your current Psychological Self-Care strategies?

Psychological Self-Care Plan: