

This is the **self-care assessment**. Notice the different areas of self-care and reflect on whether or not the statements apply to you.

Physical:

- I take time off work or school when I am sick.
- I am often sleep deprived.
- I engage in a physical activity that I enjoy at least five times a week.
- I exercise too much such as when I am injured or sick.

Mental/emotional:

- I am aware of my thoughts and feelings, without judgement.
- I feel guilty if I am not productive or doing something important.
- I make time to relax and play.
- I don't allow myself to feel my feelings or cry.

Relationships:

- I spend time with people whom I enjoy and who sustain and support me.
- I withdraw from people when I am stressed out.
- I stay in contact with important people in my life.
- I worry about what people think of me.