

Self-Care Inventory

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

This Self-Care Inventory is designed to help you assess your current self-care practices and identify areas for improvement. Please rate each statement based on how often you engage in the following self-care activities, using the following scale: 1 – Never, 2 – Rarely, 3 – Sometimes, 4 – Often, 5 – Always

PHYSICAL SELF-CARE

Eat regularly (e.g., breakfast, lunch, and dinner)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Eat healthy food.

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Exercise consistently.

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Get regular medical care for prevention.

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Get medical care when necessary.

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Take time off when sick

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Engage in physical activities that are enjoyable (e.g., dance, swim, walk)

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Get enough sleep

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Take vacations

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Wear clothes you like

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Take day trips or mini-vacations

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Make time away from phones, gadgets, and the Internet

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

PSYCHOLOGICAL SELF-CARE

Make time for self-reflection

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Engage in personal psychotherapy

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Write in a journal

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Do something where you are not an expert or in charge

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Cope with stress in personal and/or work life

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Notice inner experience

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Provide others with different aspects of self

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Try new things

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Practice receiving from others

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Improve ability to say "no" to extra responsibilities

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

EMOTIONAL SELF-CARE

Allow for quality time with others whose company you enjoy

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Maintain contact with valued others

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Give self-affirmations and praise

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Love yourself

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Revisit favorite books or movies

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Identify and engage in comforting activities

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Allow for expression of feelings

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

SPIRITUAL SELF-CARE

Allow time to reflect on spiritual beliefs and morals

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Meditate/pray

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Spend time with nature

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Participate in a spiritual community

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Be open to inspiration

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Cherish optimism and hope

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Be aware of nonmaterial aspects of life

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Cultivate ability to identify what is meaningful

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Contribute to causes you believe in

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Read inspirational or religious literature

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

INTELLECTUAL SELF-CARE

Read literature that is unrelated to work

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Engage in activities that stimulate your mind

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Pursue personal interests and hobbies

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Seek opportunities for learning and growth

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Be curious and open-minded

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Challenge myself intellectually

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

WORKPLACE OR PROFESSIONAL SELF-CARE

Allow for breaks during the workday

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Engage with co-workers

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Provide self quiet time/space to complete tasks

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Participate in projects or tasks that are exciting and rewarding

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Set limits/boundaries with clients and colleagues

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Balance workload/cases

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Arrange workspace for comfort

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Maintain regular supervision or consultation

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Negotiate needs (e.g., benefits, raises)

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

Participate in peer support groups

- ☐ 1
☐ 2
☐ 3
☐ 4
☐ 5

SELF-CARE ASSESSMENT AND IMPROVEMENT

Based on your responses, identify areas where you feel you are doing well and areas where you would like to improve. Identify both strengths and areas for improvement.

Outline specific steps you plan to take to enhance your self-care in the areas identified for improvement:

HEALTHCARE PROFESSIONAL'S ADDITIONAL NOTES AND RECOMMENDATIONS

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

Additional Notes: