

SELF-CARE DIMENSIONS (SAMPLES/IDEAS)



PHYSICAL

- Eat regularly (meals and snacks)
- Exercise on a regular basis
- Get regular preventative medical care
- Take time off from work when I'm sick
- Get enough sleep
- And so much more...



PSYCHOLOGICAL

- Take time away from technology after work
- Read books and articles of interest to me
- Try new activities to engage my brain
- Leave work at work
- And so much more...



SOCIAL

- Spend quality time with family and friends
- Connect with people who are supportive and positive
- Spend time alone when I need to
- Ask for help when I need it
- Spend time with my pets or with animals
- And so much more...



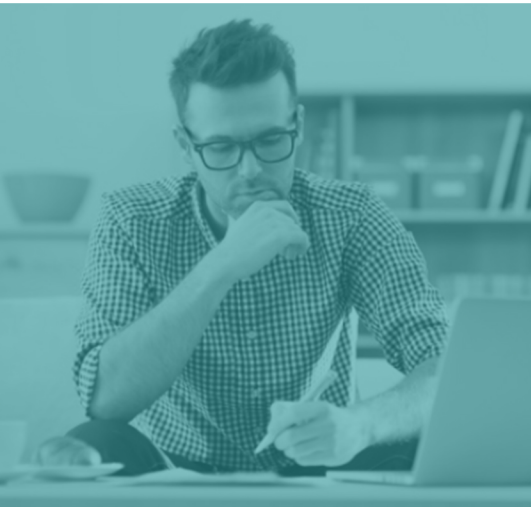
EMOTIONAL

- Find things to appreciate about myself
- Debrief emotionally difficult interactions with a trusted person
- Write in a journal
- Take time for self-reflection
- Find things that make me laugh/smile
- And so much more...



OTHER

- Enjoy nature
- Engage in faith-based/spiritual activities
- Practice meditation/mindfulness
- Other (define it for yourself)



SELF ASSESSMENT

Self-Care Dimension	Poor				Excellent
Physical	1	2	3	4	5
Psychological	1	2	3	4	5
Social	1	2	3	4	5
Emotional	1	2	3	4	5
Other (define it for yourself)	1	2	3	4	5