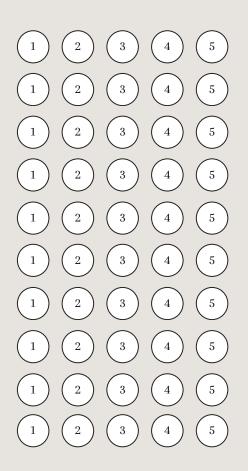


Instructions: For Each Statement, Rate Yourself Using The Following Scale

1 - NEVER | 2 - RARELY | 3 - SOMETIMES | 4 - OFTEN | 5 - ALWAYS

PHYSICALSELF-CARE

I make sure to nourish my body with a variety of healthy foods I maintain regular personal hygiene routines to feel fresh + clean I incorporate physical activity into my routine to stay fit + active I wear clothes that help me feel confident + comfortable I make sure to eat meals at consistence times throughout the day I take part in enjoyable activities that help me unwind + have fun I prioritise getting enough sleep to support my overall well-being I maintain a sleep routine that helpes me feel rested and energised I attend routine health check-ups, such as dentist + GP visits When I'm unwell, I make sure to rest + allow my body time to recover



Reflection

What aspects of your self-care are you doing well in? Are there any areas you feel you could use more attention or focus? What specific actions can you take to improve in those areas?



PSYCHOLOGICAL/EMOTIONAL SELF-CARE

I make time to step back from work/study to recharge (annual leave)

I engage in hobbies or personal interests that bring me joy + relaxation

I disconnect from distractions (like social media) to focus on myself

I explore topics / activities unrelated to work/study that promotes personal growth

I express my feelings + emotions in a way that helps me understand myself better

I recognise + celebrate my achievements and strengths, no matter how small

I set clear boundaries for myself to avoid overcommitment + burnout

I engage in comforting activities that help soothe my mind + body when I need it (taking a bath, sitting in the sun)

I talk openly about my challenges + seek support, when needed

I find ways to bring humour + joy into my life, even during stressful times

I organise my daily life (planning meals, setting priorities)

	2	3	4	5
1	(2)	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
	2	3	4	5
1	2	3	4	5
	2	3	4	5
	2	3	4	5
1	2	3	4	5
1	2	3	4	5



SOCIAL SELF-CARE

I spend quality time with people who make me feel positive + supported

I stay connected with friends

I maintain communication with my family

I engage in conversations that challenge + inspire me

I enjoy meeting new people + expanding my social circle

I spend quality time alone with my romantic partner (if applicable)

I share intimate moments with my romantic partner (if applicable)

I engage in fun, enjoyable activites with the people I care about

I reach out to others for help when I feel overwhelmed or need support

I maintain relationships that feel mutually supportive rather than draining

I reach out to others who may be struggling and offer support when I can

$\left(1\right)$	2	3	4	5
	2	3	4	5
$\left(1\right)$	2	3	4	5
$\bigcirc 1$	2	3	4	5
$\bigcirc 1$	2	3	4	5
1	2	3	4	5
	2	3	4	5
	2	3	4	5
1	2	3	4	5
1	2	3	4	5
$\begin{pmatrix} 1 \end{pmatrix}$	(2)		$\begin{pmatrix} 4 \end{pmatrix}$	$\overline{(5)}$



SPIRITUAL SELF-CARE

I spend time in nature, appreciating the world around me

I practice meditation, prayer, or other spiritual activities aligned with my beliefs

I reflect on the things that bring me purpose and meaning to life

I act according to my personal values + ethics

I set aside time for thoughtful reflection + personal growth

I participate in causes that align with my beliefs + give me sense of contribution

I take some apprectiate art forms like music, literature, + film that inspire or resonate with me

I take moments of gratitude, appreciating what I have in my life

I practice deep breathing, mindfulness, or other techniques to stay present

I practice self-compassion



PROFESSIONAL SELF-CARE

I focus on improving my professional skills + knowledge regularly

I set boundaries by saying "no" to responsibilities that may be too overwhelming

I engage in projects that are fulfulling + align with my personal goals

I continue learning in ways that help me grow within my career or field

I take time to build positive relationships with my colleagues + peers

I take all the breaks I'm entitled to at work to avoid burnout

I make sure to maintain a healthy work-life balance, putting my wellbeing first

I maintain an organised + comfortable workspace that helps me succeed

I advocate for fair pay, benefits, + a work environment that supports my needs

I organise my tasks and responsibilities to help me stay on top of work + reduce stress