**Self-Care Questionnaire**

*https://wellness.sfsu.edu/sites/default/files/documents/Self-Care%20Questionnaire%20and%20Contract%20%281%29%28Accessible%29.pdf*

 5 = Frequently  4 = Occasionally  3 = Rarely  2 = Never  1 = It never occurred to me

** Physical Self-Care**

\_\_\_\_ Eat regularly (breakfast, lunch and dinner)

\_\_\_\_ Eat healthy

\_\_\_\_ Exercise

\_\_\_\_ Get regular medical care for prevention

\_\_\_\_ Get medical care when needed

\_\_\_\_ Take time off when sick

\_\_\_\_ Get massages or do self massages

\_\_\_\_ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun

\_\_\_\_ Take time to be sexual- with yourself, with a partner

\_\_\_\_ Get enough sleep

\_\_\_\_ Wear clothes you like

\_\_\_\_ Take vacation

\_\_\_\_ Take day trips or mini- vacations

\_\_\_\_ Make time away from telephones

\_\_\_\_ Other:

 **Psychological Self-Care**

\_\_\_\_ Make time for self-reflection

\_\_\_\_ Have your own personal psychotherapy

\_\_\_\_ Write in a journal

\_\_\_\_ Read literature that is unrelated to school or work

\_\_\_\_ Do something at which you are not expert or in charge

\_\_\_\_ Talk to someone you trust about issues

\_\_\_\_ Notice your inner experience - listen to your thoughts, judgments, beliefs attitudes and feelings

\_\_\_\_ Let others know different aspects of you

\_\_\_\_ Engage your intelligence in a new area, i.e., go to an art museum, history exhibit, sports event, auction, theatre performance

\_\_\_\_ Practice receiving from others

\_\_\_\_ Be curious

\_\_\_\_ Say no to extra responsibilities sometimes

\_\_\_\_ Other:

 **Emotional Self Care**

\_\_\_\_ Spend time with others whose company you enjoy

\_\_\_\_ Stay in contacts with important people in your life

\_\_\_\_ Give yourself affirmations, praise yourself

\_\_\_\_ Love yourself

\_\_\_\_ Reread favorite books, re-view favorite movies

\_\_\_\_ Identify comforting activities, objects, people, relationships, places and seek them out

\_\_\_\_ Find things that make you laugh

\_\_\_\_ Allow yourself to cry

\_\_\_\_ Express your outrage in social action, letters, donations, marches, protests

\_\_\_\_ Play with children

\_\_\_\_ Other:

 **Spiritual Self Care**

\_\_\_\_ Make time for reflection or meditation

\_\_\_\_ Spend time with nature

\_\_\_\_ Find time with nature

\_\_\_\_ Find spiritual connection or community

\_\_\_\_ Be open to inspiration

\_\_\_\_ Cherish your optimism and hope

\_\_\_\_ Be aware of nonmaterial aspects of life

\_\_\_\_ Try at times not to be in charge or the expert

\_\_\_\_ Be open to not knowing

\_\_\_\_ Identify what is meaningful to you and notice its place in your life

\_\_\_\_ Pray

\_\_\_\_ Have experiences of awe

\_\_\_\_ Contribute to causes in which you believe

\_\_\_\_ Read inspirational literature (talks, music, etc)

\_\_\_\_ Other:

 **Academic Self Care**

\_\_\_\_ Take short breaks when you study time

\_\_\_\_ Take time to chat with friends

\_\_\_\_ Make quiet time to complete tasks

\_\_\_\_ Identify projects or tasks that are exciting and rewarding

\_\_\_\_ Set limits with friends

\_\_\_\_ Balance your studying so no one day or part of a day is “too much”

\_\_\_\_ Arrange your work space so it is comfortable and comforting

\_\_\_\_ Get regular support from peers and mentors

\_\_\_\_ Negotiate for your needs with your instructors

\_\_\_\_ Have a peer support groups

\_\_\_\_ Other:

 **Balance**

\_\_\_\_ Strive for balance among school, family, relationships, play and rest

\_\_\_\_ Time management

\_\_\_\_ Stress management