

## Evaluating Your Self-Care

### Overview

This chart will allow you to assess your own self-care practices in multiple areas of your life. The knowledge you gain will guide you in determining which practices are effective and which areas you may need to adjust to have a greater impact in daily life and in times of crisis or extreme stress.

### Instructions

Use the following Evaluation Chart to evaluate your self-care practices. Write down the self-care practices you use for each area of wellness; next, note if you need to add or modify these practices for greater effectiveness. Then answer the corresponding questions under the Reflection Questions section.

## Evaluation Chart

Area	Self-Care Strategy	Is this strategy effective?	Additional modifications or additions needed?
Emotional			
Mental			
Physical			
Professional			

## Reflection Questions

1. When you practice daily self-care, which areas are strengths for you? What makes them strengths? Can you maintain these self-care practices in times of crisis or extreme stress? What needs to occur for you to maintain these self-care practices during crisis or extreme stress?

2. Which areas do you need to add to or modify for greater effectiveness in your daily self-care? What obstacles prevent your use of these self-care practices during normal times? What would you need to do to be able to follow these self-care practices during times of crisis or extreme stress? What strategies can you implement now to follow these practices during normal times?