

Self-Care Questionnaire (Part 1)

■ 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
- Allow yourself to cry
- Find things that make you laugh
- 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

Self-Care Contract (Part 2)

As an individual becomes mindful of one's mental health and overall well-being, it is important to highlight the positive impacts of *self-care* practices. Throughout the semester, you will be faced with challenges and stressors that are associated with the human experience. This contract is aimed for you to be mindful of the potential stressors that could occur during this semester, as well as barriers that may prevent you from practicing self-care. Also, this contract is an opportunity to brainstorm your own healthy coping and stress management solutions.

● **SELF-CARE STRATEGIES:** The ways I plan to take care of myself for the rest of this semester.

1. _____

2. _____

3. _____

● **INDICATE BARRIERS:** The stressors most likely to get in the way of me taking care of myself.

1. _____

2. _____

3. _____

● **ADDRESS BARRIERS:** The plan I have for preventing these stressors from getting in the way of taking care of myself.

1. _____

2. _____

3. _____

● **COPING:** My plan for coping if I begin to feel overwhelmed or stressed

1. _____

2. _____

3. _____

● **SUPPORT:** List [2] individuals or services on or off campus who can support and help me when I'm stressed or overwhelmed.

1. _____

2. _____

● **CONTACT INFO:** The people I can contact to help support me when I feel stressed or overwhelmed.

Name: _____

Phone #: _____

Email: _____

Name: _____

Phone #: _____

Email: _____

● CONTRACT AGREEMENT ●

I, _____, do hereby agree to focus on my health and to take better care of myself as of _____ [Date].

I acknowledge the importance of being mindful of my health and that it is an on-going life process. As it is indicated in this contract, I am committed to practicing self care and promoting overall wellness in my life.

Signature

Witness