

## Self-Care Checklist for People with Substance Use Issues

Research suggests that, after first receiving medical care, specific self-care practices can be helpful to people with substance use issues.

To what extent do you agree you have taken action on each self-care item suggested below?

Use the following scale to rate your agreement with each statement. If the statement does not apply to you—for example, you do not use tobacco products—write "N/A" (not applicable) on the line.

|                    |           |             |              |                       |
|--------------------|-----------|-------------|--------------|-----------------------|
| 5 - Strongly agree | 4 - Agree | 3 - Neutral | 2 - Disagree | 1 - Strongly Disagree |
|--------------------|-----------|-------------|--------------|-----------------------|

| Rating | Self-Care Practice   |
|--------|--|
|        | 1. I have taken prescribed medication(s) at the correct time(s) each day and in the correct dose(s).   |
|        | 2. I attended medical appointments, scheduled a medical appointment, or checked my calendar to remind myself of upcoming medical appointments.   |
|        | 3. I am working on establishing a regular schedule for myself to support my stability. I am working on radically accepting the paradox that imposing structure on my days gives me the freedom to be more present for them.  |
|        | 4. I have been aware of my basic needs, such as food, shelter, and clothing, and have done what I can to help get my needs met.  |
|        | 5. I have practiced sleep hygiene and I am working on establishing a regular sleep pattern for myself.   |
|        | 6. I have centered my diet around nutrient-rich foods and have eaten on a regular schedule. I help myself stay neither too hungry nor too full. I drink plenty of water.   |
|        | 7. I have engaged in daily physical movement and/or physical activity.   |
|        | 8. I have monitored my consumption of caffeine and have maintained, reduced, or eliminated it. I have attempted to eliminate caffeine within 6 hours of going to bed.  |
|        | 9. I have monitored my use of nicotine through tobacco products and e-cigarettes and have cut back where I could.  |
|        | 10. I monitor the sources of stress in my life. I use awareness skills to keep stressors from pushing me to a breaking point.  |
|        | 11. I am becoming aware of what has my attention. I can engage, disengage, and shift my attention based on what I think is beneficial for me. I can pair awareness with action.  |
|        | 12. I have become aware of my physical sensations, feelings, thoughts, and actions without judging or criticizing myself or my experience. I consult my inner wisdom—wherein my values reside—for guidance when faced with a choice or decision.   |
|        | 13. I am learning to observe and identify my patterns of feeling, thinking, behaving, and relating.  |
|        | 14. I have listened for negative self-talk. I can sort my thoughts into the categories of "helpful" and "unhelpful." I attempt to shift my attention to helpful thoughts. I can see the difference negative beliefs and reality, and between facts and opinions.   |
|        | 15. I have become conscious of when I am experiencing strong sensory states, strong states of emotion, many thoughts at once, thoughts that don't make sense, or thoughts that concern me. I am aware of when I am in emotional or physical pain. I have used supportive self-talk and other tools to calm myself enough to be able to think before taking action. I am learning to tolerate distress and to regulate my emotions. |

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|  | 16. I am learning new skills and practicing them. I pair awareness with action. When I want and need these skills, they will be there for me.  |
|  | 17. I have attended individual counseling sessions and/or skills-focused group counseling sessions.  |
|  | 18. I have met with, talked on the phone with, or texted people who support my efforts.  |
|  | 19. I monitor my patterns of relating to others and adjust as needed to respect myself and others. I am learning interpersonal effectiveness skills.   |
|  | 20. I have worked on building a network of support, social connections, a social network, community membership, and a sense of belonging. I may have attended support groups. I may have joined community groups and common interest groups, volunteer organizations, sports teams and/or engaged in other group activities. I seek enough social interaction to feel connected and stimulated, but not so much that I feel overwhelmed and over-stimulated.   |
|  | 21. I am exploring and discovering my preferences and personal interests. I am trying different activities, pastimes and hobbies to see which ones engage me.  |
|  | 22. I am attempting to taper out substances and to taper in what is helpful to me.   |
|  | 23. I am working on believing in my worth and learning my strengths. I acknowledge myself when I believe I can do something, say I will do it, and try it. I am learning to support my sense of self-efficacy.   |
|  | 24. I am discovering purpose and meaning through self-reflection, self-discovery, and interactions with others. I am taking action on my purpose through paid work, volunteer work, and/or education.  |
|  | 25. I track my expenses and know much it "costs" to be me. This knowledge helps inform me when I make decisions about money.   |
|  | 26. I engage in self-care practices that I find personally effective and helpful.<br>(Please describe briefly.)<br>_____<br>_____  |
|  | 27. Accepting the reality of "If it's not written down, it didn't happen," if I am involved with authorities with regard to substance use issues, I obtain evidence documenting all my attendance at required and optional appointments and events. I document my compliance with required actions and activities. I store all documents and receipts.   |
|  | <p><b>TOTAL</b></p> <ul style="list-style-type: none"> <li>• Please add up your score, perhaps using your phone's calculator.</li> <li>• 135 would be a 100% self-care score, 27 questions x 5 points each.</li> <li>• 67.5 would be a 50% self-care score.</li> <li>• What range of self-care scores do you think would help you achieve your personal goals using a Goldilocks approach: Not too much effort, not too little effort, but "just right"?</li> <li>• What one small action could you take to move your score closer to your desired range?</li> </ul> |

*Last revised 9/16/18*

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