

Self-Care Checklist

Research suggests that, after first receiving medical care, developing self-care principles or strategies can be helpful to people who have experienced challenges.

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

Use the following scale to rate your agreement with each statement.

5 - Strongly agree	4 - Agree	3 - Neutral	2 - Disagree	1 - Strongly Disagree
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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 more fully live them as I choose.
	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 do not use nicotine or 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 and priorities reside—for guidance when faced with a choice or decision.
	13. I am learning to observe and identify my patterns of feeling, thinking, behaving, relating, and working.
	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 between facts and beliefs, and between wishes and reality.
	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.

	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 if needed and as needed.
	18. I have met with, held video conferences 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. Monitoring the comparative safety of in-person and online meetings, 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 avoidance strategies and to taper in what helps me handle reality, regardless of how challenging that might be.
	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 how much it "costs" to be me. This knowledge helps inform me when I make decisions about money.
	26. I engage in self-care practices I find personally effective and helpful. (Please describe briefly.) _____
	27. I organize my self-care materials. I store medical and therapeutic documents and receipts. If I am involved with authorities with regard to any issues, I obtain evidence documenting all my attendance at required and optional appointments and events. I document my compliance with required actions and activities.
	<p>TOTAL</p> <ul style="list-style-type: none"> • Please add up your score, perhaps using your phone's calculator. • 135 would be a 100% self-care score, 27 questions x 5 points each. • 67.5 would be a 50% self-care score. • 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"? • What one small action could you take today to move your score closer to your desired range?

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This material is for informational purposes only. ■ Anne Giles, M.A., M.S., L.P.C. ■ www.annegiles.com