

SELF-CARE INVENTORY

How Well Are You Caring for Yourself?

Self-care is not selfish. It is not something you earn after everything else is done.

It is the collection of habits, relationships, and experiences that help restore your energy, support your nervous system, and improve your quality of life.

Review the list below and place a check mark next to activities you regularly engage in.

Physical Self-Care

- ☐ Get adequate sleep
- ☐ Stay hydrated
- ☐ Eat nourishing meals
- ☐ Move my body regularly
- ☐ Spend time outdoors
- ☐ Stretch or work on mobility
- ☐ Attend medical appointments
- ☐ Take time to rest when needed
- ☐ Listen to my body's signals

Other:

Emotional Self-Care

- ☐ Allow myself to feel emotions without judgment
- ☐ Journal or reflect
- ☐ Practice gratitude
- ☐ Speak kindly to myself

Self-Care Inventory (continued)

Emotional Self-Care (continued)

- ☐ Seek support when needed
- ☐ Allow myself to say no
- ☐ Give myself permission to rest
- ☐ Take breaks from stressful situations

Other:

Nervous System Self-Care

- ☐ Practice deep breathing
- ☐ Meditate or pray
- ☐ Spend quiet time in nature
- ☐ Limit overstimulation when needed
- ☐ Engage in calming activities
- ☐ Build moments of stillness into my day
- ☐ Practice mindfulness

Other:

Social Self-Care

- ☐ Spend time with supportive people
- ☐ Ask for help when needed
- ☐ Accept help when it is offered
- ☐ Maintain meaningful relationships
- ☐ Participate in community activities
- ☐ Schedule time for connection

Other:

Self-Care Inventory (continued)

Joy & Recreation

- ☐ Read for pleasure
- ☐ Listen to music
- ☐ Enjoy hobbies
- ☐ Create something
- ☐ Spend time with pets
- ☐ Travel or explore new places
- ☐ Laugh often
- ☐ Make time for fun

Other:

Purpose & Meaning

- ☐ Engage in activities that give my life meaning
- ☐ Volunteer or help others
- ☐ Practice my faith or spiritual traditions
- ☐ Set personal goals
- ☐ Continue learning and growing
- ☐ Spend time on things that matter most to me

Other:

Self-Care Inventory (continued)

Reflection

Which area has the most check marks?

Which area has the fewest?

What is one form of self-care I would like to add back into my life?

What is one small step I can take this week?

A Gentle Reminder

Self-care does not have to be expensive, elaborate, or time-consuming.

Sometimes self-care is a walk outside.

Sometimes it is asking for help.

Sometimes it is taking a nap, saying no, or making time for a conversation with a friend.

Small acts of self-care, practiced consistently, can have a profound impact on your

physical health,
emotional well-being, and overall resilience.