

Self-Care Inventory

Physical Self-Care

- Nourish my body
- Move my body
- Wear clothes that help me feel good about myself
- Participate in fun activities (walking, swimming, dancing, sports)
- Get enough sleep
- Go to preventative medical appointments
- Rest when sick

Psychological/Emotional Self-Care

- Take time off from work, school and other obligations
- Participate in hobbies
- Get away from distractions (phone/email)
- Learn new things unrelated to work
- Express feelings in a healthy way (talking, art, journaling)
- Recognize my own strength and achievements
- Go on vacations and day trips
- Do something comforting watch favourite movie, take a bath)
- Find reasons to laugh

Social Self-Care

- Spend time with people who I like
- Call or write to friends and family who are far away
- Have stimulating conversations
- Meet new people
- Ask others for help, when needed
- Keep in touch with old friends

Spiritual Self-Care

- Spend time in nature
- Meditate/Pray
- Recognize the things that give meaning to my life
- Honour my values
- Set aside time for thought and reflection
- Participate in a cause that is important to me
- Appreciate art that is impactful to me (film, music, literature)

Professional Self-Care

- Find opportunities for professional development
- Say "no" to excessive new responsibilities
- Take on projects that are interesting or rewarding
- Make time to talk and build relationships with colleagues
- Take breaks during work
- Maintain balance between my professional and personal life
- Keep a comfortable workspace