

Self-Care Assessment

SOCIAL SELF-CARE

Rate the following areas in frequency:

- 5 – Frequently
- 4 – Occasionally
- 3 – Rarely
- 2 – Never
- 1 – It never occurred to me

I make sure to:

- ☐ Spend time with others whose company you enjoy
- ☐ Give yourself affirmations, praise yourself
- ☐ Love yourself
- ☐ Re-read favorite books, re-view favorite movies
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Stay in contact with important people in your life
- ☐ Play with children
- ☐ Express your outrage in social action, letters and donations, marches, protests
- ☐ Identify comforting activities, objects, people, relationships, places and seek them out

After completing this assessment, take some time to come up with one or two steps you can take to take better care of yourself socially.