



Self-Care Check-In

Jacksonville University Student Counseling Center

Self-care helps you to function at your top potential, and gives you energy to do all the important things that you do. Read through the categories of self-care below, and rate yourself on how well you are taking care of yourself these days. Feel free to add other areas of self-care that are relevant for you. When you are finished, reflect on your responses. Take note of what you are doing well, as well as anything you would like to prioritize moving forward.

?: Never occurred to me

0: Never

1: Rarely

2: Occasionally

3: Frequently

Physical



- ___ Eat three meals a day
- ___ Eat healthy foods
- ___ Do physical activity
- ___ Get enough sleep
- ___ Limit caffeine intake
- ___ Limit alcohol intake
- ___ Rest when I'm sick
- ___ Other:

Emotional



- ___ Love myself
- ___ Spend time with people I enjoy
- ___ Seek out comforting activities/places
- ___ Give myself affirmations
- ___ Find things that make me laugh
- ___ Express my emotions
- ___ Other:

Relationships



- ___ Make time to be with friends
- ___ Schedule dates with my partner
- ___ Call, check on, or see my relatives
- ___ Share experiences with a mentor
- ___ Ask for help when I need it
- ___ Spend time with animals
- ___ Other:

Psychological



- ___ Make time for self-reflection
- ___ Take breaks from technology
- ___ Engage my intelligence
- ___ Set personal boundaries
- ___ Notice my thoughts and feelings
- ___ Try new things
- ___ Other:

Spiritual



- ___ Find a spiritual connection/community
- ___ Make time for prayer/praise/meditation
- ___ Spend time in nature
- ___ Practice gratitude and hope
- ___ Identify what is meaningful to me
- ___ Contribute to causes I believe in
- ___ Read or listen to something inspirational
- ___ Other:

Educational



- ___ Chat with classmates
- ___ Block time to work/study
- ___ Create work-life balance
- ___ Participate in clubs/organizations
- ___ Identify rewarding tasks
- ___ Take refreshing breaks
- ___ Other: