



Parent, Caregiver and Service Provider Self-Care Assessment Tool

This self-care assessment tool is to be used as a guide to discover new ways to integrate self-care as well as assess how you are currently doing with your focus on self-care.

Use the scale to rate how these statements reflect your general actions and feelings over the last few weeks.

5 = All the time, 4 = Often, 3 = Sometimes, 2 = Occasionally, 1 = Seldom, 0 = Rarely

Physical Wellbeing

- _____exercise regularly
- _____eat healthy
- _____see your doctor regularly
- _____participate in extracurricular activities
- _____take quality vacations
- _____take the time to look good (wear nice clothes, dress up)
- _____practice good hygiene
- _____see the doctor when you need to
- _____get enough sleep
- _____take time to rest
- _____are intimate with self or partner

Emotional Wellbeing

- _____have a good support network (peer support)
- _____spend time with friends
- _____participate in activities that you enjoy
- _____laugh
- _____listen to music
- _____read
- _____attend counselling or psychotherapy
- _____give yourself credit, congrats





- _____express your feelings
- _____play

Spiritual Wellbeing

- _____take time to connect with your culture
- _____go for a walk in nature
- _____connect to your spiritual community
- _____have gratitude
- _____self-reflect
- _____have hope
- _____appreciate the beauty around you
- _____Pray
- _____Sing/Play be silly
- _____other:

Work/life balance

- _____connect with coworkers
- _____organize time effectively
- _____set limits and say no
- _____Integrate work that inspires you or that you are passionate about
- _____have a comfortable work space
- _____feel you have fair pay/benefits
- _____have peer support
- _____have support around critical incidents

The goal of this self-assessment tool is to have a visual account of how well you are taking care of you? We know that you are a great, parent, caregiver or service provider.... But how great are you taking care of your needs?

- _____5 = all the time
- _____4 = often
- _____3 = sometimes
- _____2 = occasionally
- _____1 = seldom





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-----0 = rarely

Your scale is unique to you. Have a look at your #s are you being a good caregiver to you?

