




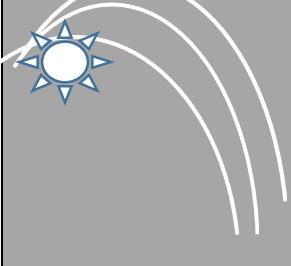
Self-Care Assessment for the Family/Support person

This tool provides an overview of effective strategies to maintain self-care. After completing this assessment, you can move on to developing a full self-care plan.

 Hmmm..?	1 It didn't Occur to me	2 Never	3 Rarely	4 Occasionally	5 Frequently	I would like to Improve at this	Key Concerns (briefly describe For further reflection)
Physical Health							
Exercise	1	2	3	4	5		
Sleeping	1	2	3	4	5		
Eat healthy	1	2	3	4	5		
Regular medical care	1	2	3	4	5		
Participate in fun activities	1	2	3	4	5		
Rest when sick	1	2	3	4	5		
Take care of personal hygiene	1	2	3	4	5		
Other:							
	1 It didn't Occur to me	2 Never	3 Rarely	4 Occasionally	5 Frequently	I would like to Improve at this	Key Concerns (briefly describe For further reflection)
Emotional Health							
Healthy Boundaries	1	2	3	4	5		
Allow yourself to cry	1	2	3	4	5		
Find things that make you laugh	1	2	3	4	5		
Support group/ Al-anon	1	2	3	4	5		
Talk to a therapist	1	2	3	4	5		

Identify comforting activities	1	2	3	4	5		
Say "NO" to extra responsibilities	1	2	3	4	5		
Make time for self-reflection	1	2	3	4	5		
Practice receiving from others	1	2	3	4	5		
Other:							
	1 It didn't Occur to me	2 Never	3 Rarely	4 Occasionally	5 Frequently	I would like to Improve at this	Key Concerns (briefly describe For further reflection)
Social Self-Care							
Spend time with others whose company you enjoy	1	2	3	4	5		
Leisure/hobbies	1	2	3	4	5		
Keep in touch with friends	1	2	3	4	5		
Have stimulating conversations	1	2	3	4	5		
Support group/ Al-anon	1	2	3	4	5		
Community involvement	1	2	3	4	5		
Family	1	2	3	4	5		
Meet new people	1	2	3	4	5		
Other:							

Notes: _____

	1	2	3	4	5	I would like to Improve at this	Key Concerns (briefly describe For further reflection)
	It didn't Occur to me	Never	Rarely	Occasionally	Frequently		
Spiritual Self-care							
Spend time in nature	1	2	3	4	5		
Meditate	1	2	3	4	5		
Pray	1	2	3	4	5		
Recognize the things that give meaning to my life	1	2	3	4	5		
Act in accordance with my morals and values	1	2	3	4	5		
Set aside time for thought and reflection	1	2	3	4	5		
Participate in a cause that is important to me	1	2	3	4	5		
Appreciate art that is impactful to me (music, film, literature)	1	2	3	4	5		
Other:							

Notes: _____
