

Introducing Whole Person Self-Care Mind, Body, Heart & Spirit

Self-care helps you reduce stress, prevent burnout and improve your health. Your well-being is directly affected by how you take care of yourself in mind, body, heart and spirit. Your mental, physical, emotional and spiritual energy are created through acts of self-care that generate a sense of vitality, wellness and joy in life and work. Attending to all four dimensions of the self, enables you to rejuvenate, replenish, energize and fully engage with your life and your well-being.

Whole Person Self-Care Assessment*

*This self-care assessment has been adapted, with permission, from the Self-Care Assessment tools created by Dr. Patricia Fisher ©2012 in *Valuable Life, Meaningful Work: Effectively Addressing Stress, Burnout & Trauma in the Workplace*.

This assessment has also been informed by...

- *Wellness Coaching for Lasting Lifestyle Change* ©2007, Michael Arloski, PhD.
- *The Wellness Wheel: An Aboriginal Contribution to Social Work* ©2006, Margot Louiselle, PhD & Laretta McKenzie, MSW

Scoring your assessment:

Considering this, please score the following statements for how often they are true for you at this time.

0 – Never/No 1- Rarely 2 – Sometimes 3 – Often/Yes

Begin assessment on the next page...

Psychological Self-Care (Mind)

- ☐ I say yes to things that fit within my schedule and are manageable and rewarding for me to do.
- ☐ I actively work to reduce my stressors and stress levels.
- ☐ I only give my attention to things I can personally control or address and let go of those I can't.
- ☐ I make time for personal reflection, noticing my inner experiences (I am self aware of my thoughts and feelings).
- ☐ I am present in the moment, minimizing dwelling in the past or the future.
- ☐ **Total Score out of 15 for Psychological Self-Care**

Physical Self-Care (Body)

- ☐ I eat healthy, drink lots of water, get plenty of exercise; I take care of my physical health.
- ☐ I take time for myself to enjoy hobbies, pamper myself and truly relax.
- ☐ My work and home environments are uncluttered and reflect
- ☐ who I am. I feel inspired and productive in these environments.
- ☐ I take time away from TV, computers, and telephones.
- ☐ I take vacations or mini- retreats to rest and replenish.
- ☐ **Total Score out of 15 for Physical Self-Care**

Emotional Self-Care (Heart)

- ☐ I set clear boundaries on my time, energy and attention.
- ☐ I surround myself with positive people and affirming/inspiring messages.
- ☐ I don't let issues build up – I address issues, problems and questions in the moment so they can be dealt with directly.
- ☐ I give and receive love, kindness and support. I practice accepting myself (including my feelings) and others.
- ☐ I spend time with people I care about and who care about me.
- ☐ **Total Score out of 15 Emotional Self-Care**

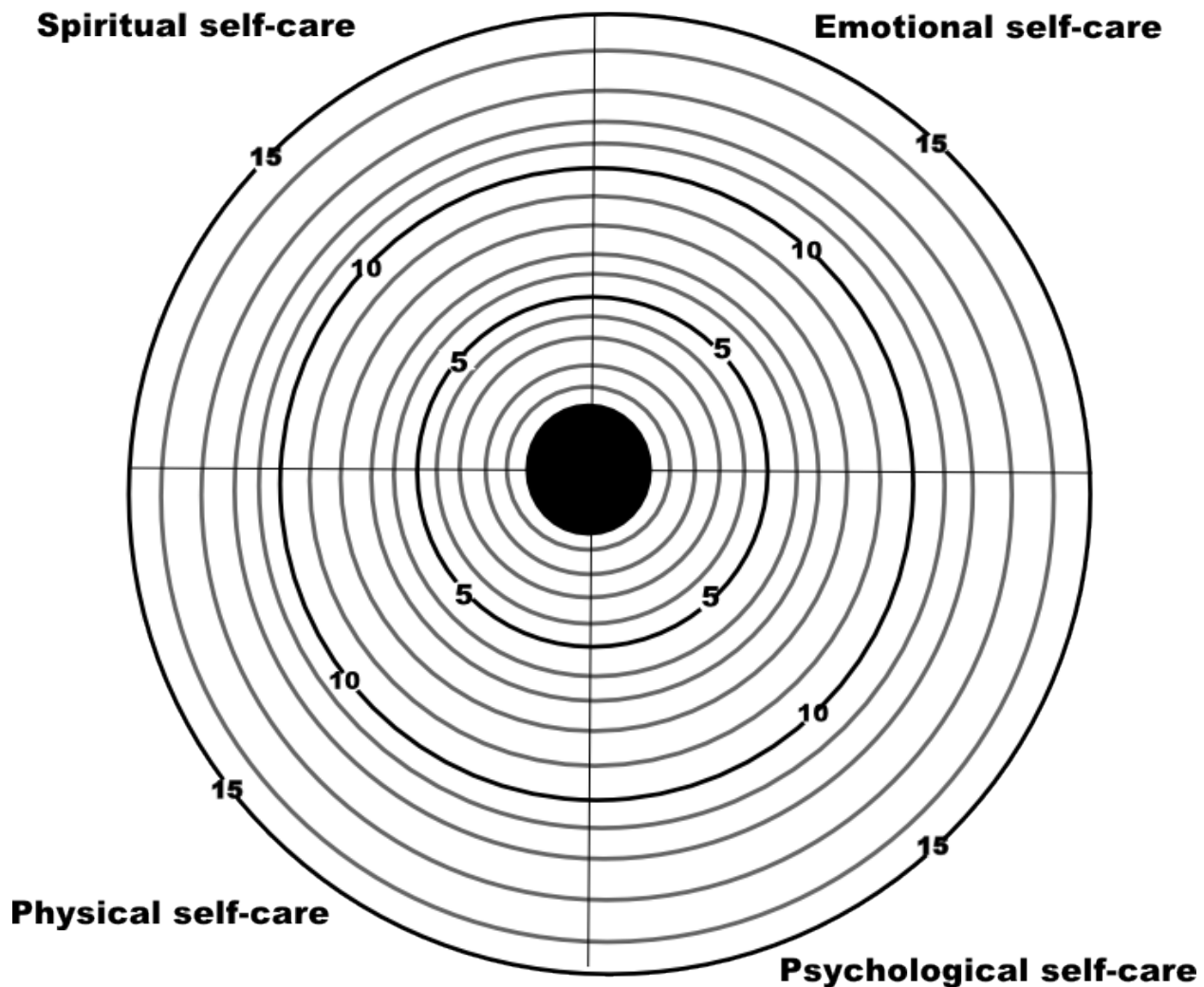
Spiritual Self-Care (Spirit/Essence)

- ☐ I identify what is meaningful to me and identify its place in my life.
- ☐ I regularly practice gratitude and give thanks for all of the abundance I experience each day.
- ☐ I spend time in nature.
- ☐ I am aware of the non-material aspects of my life.
- ☐ I meditate/pray/smudge or have some other practices that ground me and give me a sense of inner peace.
- ☐ **Total Score out of 15 for Spiritual Self-Care**

Creating a Visual of Your Scores:

Now take a moment to transfer your four scores in each dimension of self-care onto the wellness wheel graph on the next page. This will give you an overview of your current whole person self-care.

Whole Person Self-Care Wheel Graph



Evaluate Your Whole Person Self-Care Assessment

The following reflective questions are intended to deepen your learning from this self-care assessment:

1. What are you most proud of when you review your self-care assessment? What is working?

2. What could be possible for you if self-care was an even greater focus in your life and work?

3. How do you “walk your talk” in terms of self-care?

Taking Action

Write one commitment statement below.

This week, I will nourish my self-care by

No matter where you are at with your own self-care – it is important to be kind, loving and non-judgmental toward yourself. We all begin from where we are at in the present moment and grow from there.

Self-care is a journey not a destination. Be well.