



Evaluate your Self-Care

Introduction: Self-care encompasses all the actions you take in order to live your best life. Knowing how you categorize or think about self-care items and how you arrived at your current level of self-care will enable you to adjust your self-care regimen to enhance your sense of wellbeing.

Step 1: Categorize your Self-Care Items

- Sort self-care items into three categories
 - Basic Self-Care: items you need to be healthy, but may not necessarily enjoy (healthy food, sleep schedule, moving your body/exercise, basic grooming tasks, dental & doctor check-ups)
 - Personal Self-Care: items that rejuvenate you, help you feel centered and calm, and give you the emotional reserves to engage with your life. There may be overlap with basic self-care items.
 - Indulgent Self-Care: these are personal self-care items that you restrict or reserve for special occasions. Sometimes you consider these items as rewards that must be earned.
- For each item consider the emotion or benefit you associate with it: Satisfaction? Excitement? Calm? Stability? Rest? Energy? Pleasure? What is the character of the good you receive?
- Do you notice any themes?

BASIC SELF-CARE: _____

PERSONAL SELF-CARE: _____

INDULGENT SELF-CARE: _____

OBSERVED SELF-CARE THEMES: _____

Step 2: Self-Care Writing Prompts

- For background that will inform your answers to the following questions, please read the associated blog post *Salvaging Self-Care* or else listen to the podcast episode *Salvaging Self-Care*.

What internalized self-care rules do you live by?

How do these rules align with your personal priorities, values, and life goals?

What personal needs must be met in order to live your best life?

Which needs (if any) are currently unmet?

Step 3: Evaluate your Current Self-Care Items

1. Which of your self-care strategies are outdated or no longer of value?
2. Does each self-care item still deliver on the promised emotion?
3. Are your self-care strategies adequate to meet your needs?
4. What is the minimum effective dose of each self-care item?
5. What is the resource investment (time, money, effort) to benefit ratio of each self-care item?
6. Are your self-care items reflected in your Daily Rhythms, Routines, and Rituals?
 - a. Tip: Compare your self-care list to your Map Your Routines Handout

Step 4: Enhancing Your Self-Care

1. Consider your areas of greatest need. Have current events resulted in unique and unaddressed stress points?
 - a. Tip: Review your Mind Map to identify current/pressing areas of concern
2. What self-care options are currently closed to you (COVID-19)?
3. To generate a new or replacement self-care item, consider the emotion you are trying to evoke
4. Is there a new or altered version of a current self-care item that will increase its face value, its underlying value, or both?
5. Can you replace any Time-Filler Habits with a self-care item?
 - a. Hint: 5-10 minutes of mindfulness meditation a day can provide an incredible boost!
6. Move one item from your indulgent list into your personal self-care list.