

A Self-Care Inventory: Meeting Biological, Psychological, Social, and Spiritual Needs

Evaluate your behavior over the past week:

Look at the questions in each category and evaluate your behavior during the last week.

Biological Category Inventory:

1. Am I eating regular meals (breakfast, lunch, dinner)?
2. Am I making healthy eating choices?
3. Am I exercising consistently?
4. Am I getting enough sleep?
5. Am I taking time to rest if I feel sick?

What areas am I prioritizing well in this category?

In which area could I care for myself better?

Psychological Category Inventory:

1. Am I dealing with my negative thoughts instead of just pushing them aside?
2. Am I spending too much time watching and reading the news?
3. Are my anxious thoughts getting out of control?
4. If I need to speak to a counselor, do I have one?

What areas am I prioritizing well in this category?

In which area could I care for myself better?

Social Category Inventory:

1. Have I had quality time this week with someone who is a life-giving presence for me?
2. Am I maintaining contact with those I value?
3. Am I reaching out to trusted individuals when I need extra support?
4. Have I spent so much time this week connecting with others that I feel drained or depleted?
5. Do I need to set aside alone time in order to gather my thoughts?

What areas am I prioritizing well in this category?

In which area could I care for myself better?

Spiritual Category Inventory:

1. Am I spending time in scripture and prayer, regularly keeping in mind that during periods of stress I may need to invest more time in this area?
2. Am I consistently participating in a spiritual community?
3. Am I sharing my concerns with God in prayer—my worries, my fears, my sorrows, and my losses?

What areas am I prioritizing well in this category?

In which area could I care for myself better?

Develop an action plan:

Now that you have evaluated your self-care from the previous week, make an action plan for the week going forward. Try to make your action steps achievable goals. (For example, if you are adding physical activity to your plan, don't attempt to complete a high-cardio, 30-minute workout every day. Try starting with 15 minutes of physical activity 3 times in the next week or something attainable to you personally.)

What are 1-2 areas of self-care that were lacking this past week?

What are steps I can take in each of these two areas in the next week to better take care of myself during this stressful time?