



LIFE-ENHANCING CARE

SELF-CARE ASSESSMENT

HOW DO YOU KNOW IF YOU NEED A SELF-CARE PLAN?

Do you feel guilty about the things you don't do? Y/N

Are you often irritable? Y/N

Have you noticed changes in your appetite and/or an increase in cravings? Y/N

Do you rarely, if ever, make time to do what feels good? Y/N

Do you laugh and smile regularly? Y/N

Are you uncomfortable with being alone? Y/N

Do you take the time to tune into your body and mind's needs and make those needs a priority? Y/N

Do you have hobbies? Y/N

Do you surround yourself with people that make you happy? Y/N

Is the little voice in your head criticizing? Y/N

Do you wake up ready to start the day with energy or dread? Y/N

Do you go to bed exhausted, but have a hard time falling and staying asleep? Y/N

Do you spend all of your time caring for other people and giving little thought to caring for yourself? Y/N

Do you spend all your time caring for other people and giving little thought to caring for yourself? Y/N

Do you go outdoors just for the joy of being outdoors? Y/N

Do you feel like joy is elusive? Y/N

Do you beat yourself up for mistakes? Y/N

Does everything feel like a chore? Y/N

Do small things feel like big things? Y/N

Are you in constant or frequent state of overwhelmed? Y/N

Are you stressed more days of the week than not? Y/N

Do you frequently focus on wanting more, bigger or better? Y/N

*It is not selfish to love yourself, take care of yourself,
and make your happiness and well being a priority.*

*When you take care of you, you will be better
able to take care of other people in your life.*

Samaritan

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51 Self-Care Ideas

1. Give yourself a pedicure or a manicure.
2. Read a book or magazine for an hour.
3. Sit on the front porch. Just. Sit.
4. Take a bubble bath—complete with candles and calming music.
5. Pick or buy a bouquet of fresh flowers.
6. Take a leisurely walk without a goal.
7. Put on a homemade face mask.
8. Give yourself permission to binge watch your latest show obsession without guilt.
9. Take a nap.
10. Order in dinner.
11. Do something crafty: coloring, knitting, sewing, scrapbooking.
12. Go to the library or bookstore. Sit in a comfy chair and read.
13. Watch funny YouTube videos.
14. Sit in the grass and watch the clouds float by.
15. Look at the stars.
16. Have a dance party to your favorite music.
17. Take a mental health day— guilt free.
18. Burn a candle or diffuse some oils that have scents that bring you joy.
19. Sit in a coffee shop and sip on a luxurious drink.
20. Walk around the fancy grocery store without a list. Buy some stuff just for fun.
21. Try out a new hobby.
22. Do yoga.
23. Cook breakfast for yourself before anyone else in your household.
24. Sing at the top of your lungs. Preferably in the car and with the windows down.
25. Go for a drive—no destination required.
26. Close yourself in a room and listen to the latest episode of your favorite podcast.
27. Have a 20-minute stretching session.
28. Go to the park and play on the playground.
Be a kid again!
29. Go swimming (for fun, not exercise).
30. Plan out an extravagant vacation just for fun.
31. Wear an outfit that makes you feel great. Even if you have no reason to (YOU ARE the reason!).
32. Declutter a spot in your house that's been bugging you.
33. Write a list of "annoying tasks" that have been weighing on you and knock them out in an hour.
34. Bake a dessert you love. And then eat it.
35. Watch the sun rise or set. Don't take any pictures or post about it on social media.
Just watch.
36. Have a picnic – even by yourself.
37. Go to bed early or sleep in late.
38. Research something that you've been interested in but haven't had the time to dive into.
39. Edit who you follow on social media.
40. Go to a museum: art, children's, history, science—whatever brings you joy that day.
41. Go to a cocktail hour at a bar—enjoy a drink.
42. Buy a fun treat for yourself when you go grocery shopping.
43. Get a massage.
44. Spend time in the garden.
45. Take the time to do your hair and makeup, for no other reason than it makes you feel good.
46. Write a list of 10 things you are grateful for and reasons why.
47. Make yourself a batch of fruit-infused water to sip on.
48. Buy yourself a new set of pens or markers.
49. Write a letter (or an email) to an old friend.
50. Cook a fancy meal for no other reason than you deserve a fancy meal.
51. Say "no" to someone.

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MY SELF-CARE PLAN

THINGS THAT IMPROVE MY MIND, BODY AND SOUL:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

HOW DO I SPEND MY TIME?

Where are my pockets of free time? _____

Where could I claw back time? _____

How/where could I make more time? _____

MY SELF-CARE PLAN:

MONDAY:	FRIDAY:
TUESDAY:	SATURDAY:
WEDNESDAY:	SUNDAY:
THURSDAY:	

My Self-Care Plan

Taking care of yourself is most important.

Put yourself as a priority.

Take the self-care assessment questionnaire to evaluate your self-care needs then list activities that resonate with you to implement your Self-Care Plan. Use the self-care ideas for inspiration.

SPIRITUAL		
PHYSICAL		
SOCIAL		
MENTAL		
SOMETHING YOU HAVE ALWAYS WANTED TO DO...		