

Self-Care Assessment Tool

Self-Care Questionnaire

Self-care skills are important skills that often need to be developed. Sometimes there is a feeling of guilt associated with self-care. However, self-care is just as important as our other daily life activities. Use this tool to assess how well you care of yourself. In the right column, using the scores below, write down the score that best matches how you feel about each statement. Remember this is just an assessment tool - avoid judging your responses or being self-critical.

KEY
Scores

3
Very True

2
True

1
Kind of True

0
Not True

I sometimes give myself something nice like a present or treat.	
I make time to do relaxing activities.	
I believe it is important to be selfish at times.	
I like it when others look after me when I'm ill.	
I plan things in my life that I can look forward to such as going out with friends.	
Every day I make sure I have some time to do something I enjoy for myself.	
I make a point of looking after my appearance and my health.	
I like it when someone gives me a present or pays me a compliment.	
I can praise myself if I think I have done a good job.	
I feel in control of my life, I do not simply live my life according to what people want.	
I make a point of eating a healthy diet and I do not skip meals.	
I deliberately do exercise and keep myself physically fit.	
I deliberately make time to build up friendships with people I like.	
I make time to take interest in hobbies and other activities.	
I can say no when other people make demands on me.	
Sometimes I have to put my own needs first which means I have to hurt or disappoint people.	

TOTAL SCORE: _____

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Self-Care Review + Reflection

Review your responses to the self-care questionnaire and make a note of your total score. Answer the questions below. Use these questions as a guide to help you reflect on your feelings around your self-care skills.

What is your total score?

Are you happy with your score?

What does your score mean to you?

What changes would you like to make?

Want More?

JOIN OUR COMMUNITY!

Mindful + Melanated is an online community for Black women who need a safe space to tackle their unique issues around mental health and wellness. **We are officially launching in Feb 2020.** Our founder, Regina Renaye, has been dealing with mental health issues since the age of 12. Through one on one coaching, Regina Renaye has been helping Black women improve their mental health and wellness since 2017. Because she is intimately knowledgeable about how mental illness affects Black women and knows there is a need for Black women to congregate in a space specifically for them, she founded Mindful + Melanated.

Becoming a member has its benefits...

**mindful +
MELANATED**

SELF-CONFIDENCE

WELLNESS

Be Mindful. **Always.**

www.mindfulandmelanated.com



As a member of **Mindful + Melanated**, for just \$27/month you get:

- A seat at our closed virtual peer support groups
- Immediate access to our PRIVATE message boards
- Unlimited access to online courses, monthly challenges + virtual events
- Members-only rates for live events
- Access to culturally-competent mental health experts + service providers

Join today + get \$15 off!

CLICK HERE to sign up today and get \$5 off of your first 3 months.

*Note: When you sign up today, you will **NOT** be charged until the members-only area launches in February.*