

SELF-CARE REFLECTION

How do I feel right now?

Area 1: Nutrition and hydration

What we put into our bodies matters. Place an X on the line below that reflects how you feel now.

Area of
Need



Area of
Strength

1=Need / 6=Strength

My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Keep a food journal✓ Set goals✓ Regular hydration	

Area 2: Sleep

Is your bedroom a place of relaxation and renewal? How does it feel, look, sound, and smell? A consistent sleep schedule improves energy. Place an X on the line below that reflects how you feel now.

Area of
Need



Area of
Strength

1=Need / 6=Strength

My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Adjust temperature✓ Lighting, sounds, aromas✓ Clutter-free✓ Consistent sleep schedule	

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An activity to identify strengths and needs

Area 3: Movement and exercise

Movement and the brain are inherently interconnected. Research suggests that physical exercise is just as beneficial for the brain as it is for the body. Engaging in physical movement can reduce anxiety, improve moods, reduce stress, and increase cognitive functioning. Place an X on the line below that reflects how you feel now.

Area of
Need



Area of
Strength

1=Need / 6=Strength

My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Walk✓ Movement to increase healthy blood flow✓ Set fitness goals✓ Stretch	

Area 4: Emotional Wellness

How do you cope with stress or challenging emotions? Do you manage stress in a healthy way, without overeating, drinking, or smoking? Do you find strategies for coping with difficult feelings, rather than avoiding them? Place an X on the line below that reflects how you feel.

Area of
Need



Area of
Strength

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My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Recognize what is in your control, what is not in your control✓ Incorporate stress management techniques✓ Be aware of others and environment around you	

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Area 5: Connections and relationships

Connecting with others releases oxytocin. Oxytocin is the “love hormone” and also the antidote to cortisol, the “stress hormone.” Place an X on the line below that reflects how you feel now.

**Area of
Need** ←

→ **Area of
Strength**

1=Need / 6=Strength
My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none"> ✓ Forgive self and others ✓ Make EBA deposits ✓ Value differences ✓ Practice empathic listening 	

Area 6: Technology and Social Media

How much time do you spend with technology? How does it make you feel? Does it take away from other important areas of self-care? Place an X on the line below that reflects how you feel now.

**Area of
Need** ←

→ **Area of
Strength**

1=Need / 6=Strength
My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none"> ✓ Awareness of how social media affects you ✓ Follow 20/20/20 strategy if you spend lots of time looking at computer screen ✓ Balance in social settings 	

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Area 7: Altruism and gratitude

What are things unique in your life for which you are most grateful? To whom would you like to express gratitude? Place an X on the line below that reflects how you feel now.

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Need** ←

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My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Gratitude moments/photos✓ Pay it forward / RAOK✓ Contribute to greater good✓ Express gratitude	

Area 8: Setting Boundaries and Asking for Help

We all need help sometimes, while at other times we need to set boundaries. Place an X on the line below that reflects how you feel now.

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Need** ←

→ **Area of
Strength**

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My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Interdependence✓ Set boundaries✓ Balance courage with consideration	

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Area 9: Mindfulness, Spirituality, and Purpose

What values drive your decisions? What inspires you to be your best self? Place an X on the line below that reflects how you feel now.

Area of
Need



Area of
Strength

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My Score:

Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Activities that inspire✓ Meditation/reflection✓ Nature✓ Being true to your values	

Area 10: Cognition and novelty

Keep your brain nourished by avoiding complacency! What keeps your mind active? Place an X on the line below that reflects how you feel now.

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Example self-care considerations for this area:	Reflect. What in this area is important to YOU? What do you want to stop, start, or continue?
<ul style="list-style-type: none">✓ Experience new place✓ Start a new book✓ Try a new activity	

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Scoring and reflection

What are my self-care areas of strength?

What are my self-care areas of need?

Are there changes I want to make? What is the reason for wanting these changes?

What currently brings me joy in life?

Who can support me on my journey? What does this support look like?

What is my greatest hope in working as an educator? What strategies will I use to remind myself of this during moments of stress?