

Cluff Counseling PLLC

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Self-Care Checklist: How well am I taking care of myself?

Adequate Sleep

How many hours of sleep do I get each night?

What am I doing that hinders me from getting at least 6-8 hours of sleep?

Proper Nutrition

How do I feel before, after and while I eat?

What could I change in my eating habits that could benefit me?

Regular Movement

How many times a week do I get up and move my body?

What is one thing I could do to include more physical movement into my weekly/daily routine?

Maintain Social Support

Who do I consider to be close friends (these can include family members)?

What can I do to strengthen these relationships?

Hobbies

What do I enjoy doing in my “down time”?

What can I do to make time for the things that I enjoy?

Pamper Yourself

What are activities that relax me?

What can I do to make time for these activities on a weekly basis?

Keep Your Mind Sharp

What am I currently doing that challenges my mind (e.g. Sudoku, playing an instrument, etc)?

What is something new I can learn that can challenge my mind in a different way?

Process Your Emotions

What are difficult emotions for me to express? Easier? Why?

What are healthy ways I express these emotions? Unhealthy ways?

Religious or Spiritual Practices

What are my religious or spiritual practices?

What can I do to incorporate those practices more in my daily life?

Soothing

How do I alleviate overwhelming emotions? What ways have proven effective or ineffective? When are times I have needed to or may need to soothe?

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