

Self-Care Questionnaire

5 = frequently 4 = occasionally 3 = rarely 2 = never 1 = it never occurred to me

| Body | |
|--|--|
| ___ Eat regular meals | ___ Visit a doctor/dentist/hairdresser |
| ___ Eat healthy | ___ Clean my room/home/belongings |
| ___ Cook/prepare meals | ___ Wash my clothes |
| ___ Do self-treatment/ care (massage, foot soak, etc.) | ___ Create a comfortable outfit for myself |
| ___ Get 6-8 hours of sleep | ___ Reflect on how I am using my body |
| ___ Sleep through the night | ___ Exercise/brisk body movement |

| Mind | |
|---|---|
| ___ Step away from the 'noise' & be with myself | ___ Be creative/artistic |
| ___ Self-reflect (journal, etc.) | ___ Engage in hobbies |
| ___ Observe/notice dominant thought patterns | ___ Try/be curious about a new activity |
| ___ Observe narratives I create about myself | ___ Be playful |
| ___ Consider what I speak/how I speak it | ___ Screen time |
| ___ Social media time | ___ Step back from screen time |

| Spirit | |
|--|------------------------------------|
| ___ Practice reflection, mindfulness, meditation | ___ Love my neighbour as myself |
| ___ Inquire into my spiritual nature | ___ Sit in silence |
| ___ Remember the non-material aspects | ___ Spend time in nature/away from |

| | |
|---|--|
| of life | human-made things |
| ___ Read inspirational/sacred texts | ___ Reflect on my true identity/purpose |
| ___ Pray (for myself, others, creation, etc.) | ___ Reflect on how the place I am in affects me |
| ___ Surrender to what I cannot control or hope to change | |

| Relationship/Community | |
|---|--|
| ___ Be in contact with loved ones, family | ___ Have intimate relationship with others |
| ___ Spend quality time with loved ones, family | ___ Establish boundaries of intimacy (physical, emotional, spiritual) |
| ___ Engage in deep & meaningful conversation | ___ Attend group gatherings/outings |
| ___ Express to others what I am feeling/experiencing | ___ Put others' interests ahead of my own |
| ___ Be a supportive presence to a friend/group | ___ Ask for guidance/advice |

| Work | |
|--|---|
| ___ Feel inspired in my job/work life | ___ Leave my work at the door of my home |
| ___ Work more than 40 hours a week | ___ Establish work-life boundaries |
| ___ Have supervisory check ins | ___ Maintain a good work-life balance |
| ___ Feel supported by my managers/co-workers | ___ Feel my work is making a difference in the world |
| ___ Feel free to make a suggestion for change | ___ Consider leaving my job/industry |

You know yourself better than anyone else and already carry the wisdom of what you really need for holistic health. Becoming mindful of your physical, mental, and spiritual health is the beginning of a lifelong journey and practice. Taking time to note the positive effects of this practice is useful and will encourage a continued commitment.

Life will offer challenges that act as triggers/ stressors and can restrict the capacity to consistently self-care. This section is for you to identify some initial strategies, possible barriers to those strategies, as well as how you might navigate through the challenges.

Self-Care Strategies

- 1. _____
- 2. _____
- 3. _____

Potential Obstacles

- 1. _____
- 2. _____
- 3. _____

Overcoming Obstacles

- 1. _____
- 2. _____
- 3. _____

Navigating stress/challenge

- 1. _____
- 2. _____
- 3. _____

Support Network



1. _____
2. _____
3. _____

Get in touch with our chaplaincy team, a friend, family member, co-worker, someone you trust if you'd like further support.

Coordinating Chaplain: chaplaincoordinator@ymca-ireland.net

<https://ymca-ireland.net/chaplaincy-programme/>

