

Self-Care Audit

Deepening Self-Care Reflection Worksheet

Step 1: Identify Your Habit

Write down one self-care habit you currently practice at work (e.g., “I step away from my computer for a short break, take deep breaths, and drink water.”).

 My self-care habit:

Step 2: Digging Deeper

1. Purpose & Motivation

Why do I do this? (Is it to reduce stress, improve focus, reset my emotions?)

Does this habit actually help me feel better, or do I still feel drained after?

Is this something I do consistently, or only when I’m already overwhelmed?

Who is someone I’m grateful for at work, and why?

What is one thing another team member does that makes me feel more connected?

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This toolkit was co-developed by Patient Health Alliance in collaboration with Give an Hour, a national nonprofit whose trauma-informed mental health frameworks informed the structure and tools included.

For more information visit GiveAnHour.org/ContactUs

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2. What's Missing?

Is this habit enough to recharge me, or is there something else I need?

Do I feel guilty when I take this time for myself?

Could I make this more effective? (e.g., adding movement, going outside, disconnecting from screens?)

✍️ What I could improve:

3. How Can I Expand This?

Where else in my day could I create intentional space for self-care?

Are there moments where I don't take care of myself but probably should?

What's one small but meaningful way I could deepen this habit?

✍️ How I can build on this:

Step 3: Peer Discussion

Swap worksheets with a partner.

Ask your partner one question that helps them think deeper about their self-care habit.

Share one takeaway from your discussion.

Key Takeaways:

- ✓ Self-care should be purposeful, not just routine.
- ✓ Small tweaks can make a habit more effective.
- ✓ Expanding self-care beyond crisis mode makes it sustainable.
- ✓ Gratitude and connection enhance well-being and motivation