



Mental Health Worksheet



by

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Do you really Practice Self-Care?

I take out time for myself every day even if it's only 15 minutes. **Yes** **No**

I make sure that I get more than 6 hours of sleep each night. **Yes** **No**

When I feel exhausted or unwell I let myself rest and do less **Yes** **No**

I let myself feel my emotions completely & practice healthy self expression **Yes** **No**

I take out time, atleast once a week, to do the things that make me happy **Yes** **No**

I assertively say "NO" to myself and others when I need to **Yes** **No**

I practice forgiveness and letting go of mistakes made by myself or others **Yes** **No**

I try to keep up with a well-balanced, healthy diet and take care of my physical needs **Yes** **No**

I make an effort to disconnect from social media & work some times to relax mentally **Yes** **No**

Scoring & Reflection

SCORING

Count the number of times you chose 'YES', if it is:

- 1-3 times, you should take care of yourself!
- 4-6 times, you're on the path to a healthy life!
- 7-9 times, woah! You are really good at this!

REFLECTION

Take a moment to reflect on your scores and consider which areas you would like to focus on for improvement. Write down two specific actions you can take to improve your self-care practices.

- 1.
- 2.

Remember, self-care is a continuous journey, and with effort and practice, you can develop a healthy lifestyle for yourself.

Note: This is a basic assessment worksheet.