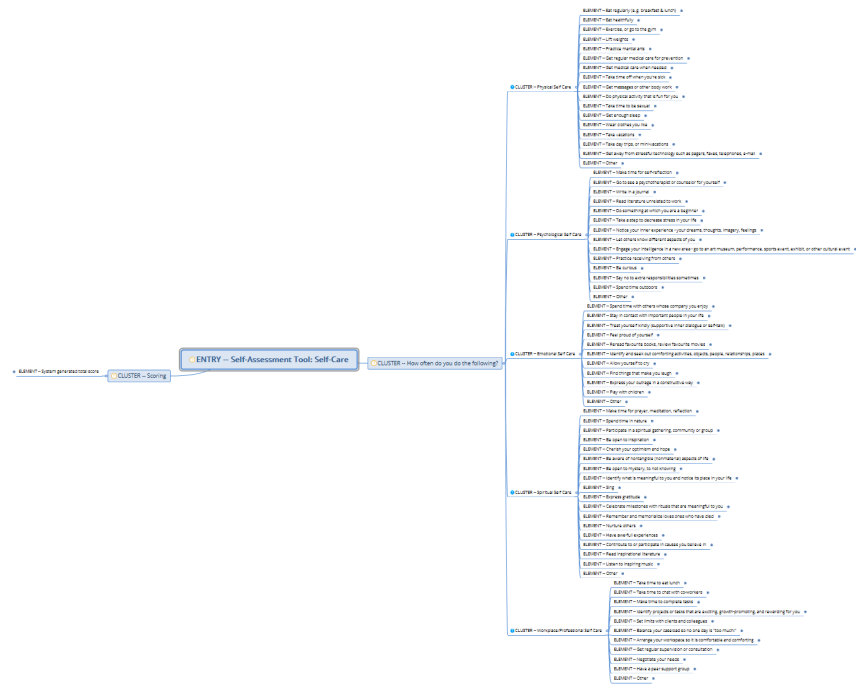


# Self-Assessment Tool: Self-Care

If you're interested in this clinical form for use in Explorer Online please [get in touch](#).

Clinical Form Name	Self-Assessment Tool: Self-Care
Clinical Area(s)	Occupational Therapy
Description of Use	Provides a snapshot of a person's current attention to personal wellness
Availability	Yes, full access in Explorer Online
Explorer Online Screenshot	<div>SELF-ASSESSMENT TOOL: SELF-CARE</div> <div>HOW OFTEN DO YOU DO THE FOLLOWING?</div> <div>PHYSICAL SELF CARE</div> <div>EAT REGULARLY (E.G. BREAKFAST &amp; LUNCH) EAT HEALTHFULLY EXERCISE, OR GO TO THE GYM LIFT WEIGHTS PRACTICE MARTIAL ARTS GET REGULAR MEDICAL CARE FOR PREVENTION GET MEDICAL CARE WHEN NEEDED TAKE TIME OFF WHEN YOU'RE SICK GET MASSAGES OR OTHER BODY WORK DO PHYSICAL ACTIVITY THAT IS FUN FOR YOU TAKE TIME TO BE SEXUAL GET ENOUGH SLEEP WEAR CLOTHES YOU LIKE TAKE VACATIONS TAKE DAY TRIPS, OR MINI-VACATIONS GET AWAY FROM STRESSFUL TECHNOLOGY SUCH AS PAGERS, FAXES, TELEPHONES, E-MAIL OTHER</div> <div><div><input type="radio"/> Frequently</div><div><input type="radio"/> Sometimes</div><div><input type="radio"/> Rarely</div><div><input type="radio"/> Never</div><div><input type="radio"/> It never even occurred to me</div></div>

## Mind Map



### Excel File/Structure

CEN.Self-AssessmentToolSelf-Care.v1.xlsx

### Editor Screenshot

