

Clinician Self-Care Audit

Objective: Helps clinicians assess their well-being habits & recognize areas for improvement.

Instructions: Check all that apply. Reflect on patterns and areas needing improvement.

Physical Self-Care:

- ☐ I engage in some form of physical movement each day (walking, stretching, etc.)
- ☐ I eat meals that provide me with sustained energy throughout the day.
- ☐ I get at least 6-8 hours of sleep most nights.

Emotional Self-Care:

- ☐ I have someone I can talk to about work stress or personal challenges.
- ☐ I set boundaries with clients and avoid overextending myself.
- ☐ I engage in activities that bring me joy outside of work.

Professional Well-Being:

- ☐ I take breaks between client sessions when possible.
- ☐ I pursue continued education and growth opportunities.
- ☐ I schedule personal time off without guilt.

Reflection Questions:

What areas of self-care do I consistently neglect?

What small change can I make this week to improve my well-being?
