



# CARE CHECK

- Great for checking in with yourself or with someone else
- Try including it before or during appointments

## Rating System

<input type="checkbox"/>	I rarely do this	<input type="checkbox"/>	I don't do this very well
<input type="checkbox"/>	I sometimes do this	<input type="checkbox"/>	I'm average at doing this
<input type="checkbox"/>	I do this often	<input type="checkbox"/>	I do this very well
<input type="checkbox"/>	I'd like to do this more often	<input type="checkbox"/>	I'd like to become better at doing this

Not sure what to use? Try a numbers, tally marks, drawings, stickers or colour code

Rate	Emotional Check-In	Rate	Physical Check-In	Rate	Social Check-In	Rate	Self and Spirit Check-In
	Expressing emotions?		Resting when feeling unwell?		Making time for friends and family?		Enjoying outdoor/nature time?
	Unplugging from social media?		Drinking enough water?		Staying in contact with distant connections? (call, facetime)		Volunteering for charity/community?
	Expressing emotions?		Sleeping regularly?		Participating in mentally stimulating conversations?		Religious/spiritual practice?
	Appreciating own talents, accomplishments, and strengths?		Attending to health? (dentist, doctor, physiotherapist, etc.)		Being intimate/romantic with partner(s)/loved ones?		Applying personal strengths, talents, or values?
	Taking time to relax and rest?		Enjoying group and individual exercise?		Asking for help when you require it?		Meditating?
	Learning about and exploring new hobbies?		Eating regularly?		Doing fun activities with others/enjoyable group activities?		Allocating quiet time for reflection/rest?
	Taking time to self?		Exercising outdoors?		Spending quiet private time with partner(s)/loved ones?		Practicing gratitude?
	Laughing about things?		Maintaining good hygiene?		Making new friends/talking to new people?		Appreciating beauty? (art, music, literature, etc.)
	Taking holidays/trips?		Eating a healthy diet?		Overall social well-being?		General self and spiritual well-being?
	Overall emotional well-being?		Overall physical well-being?				