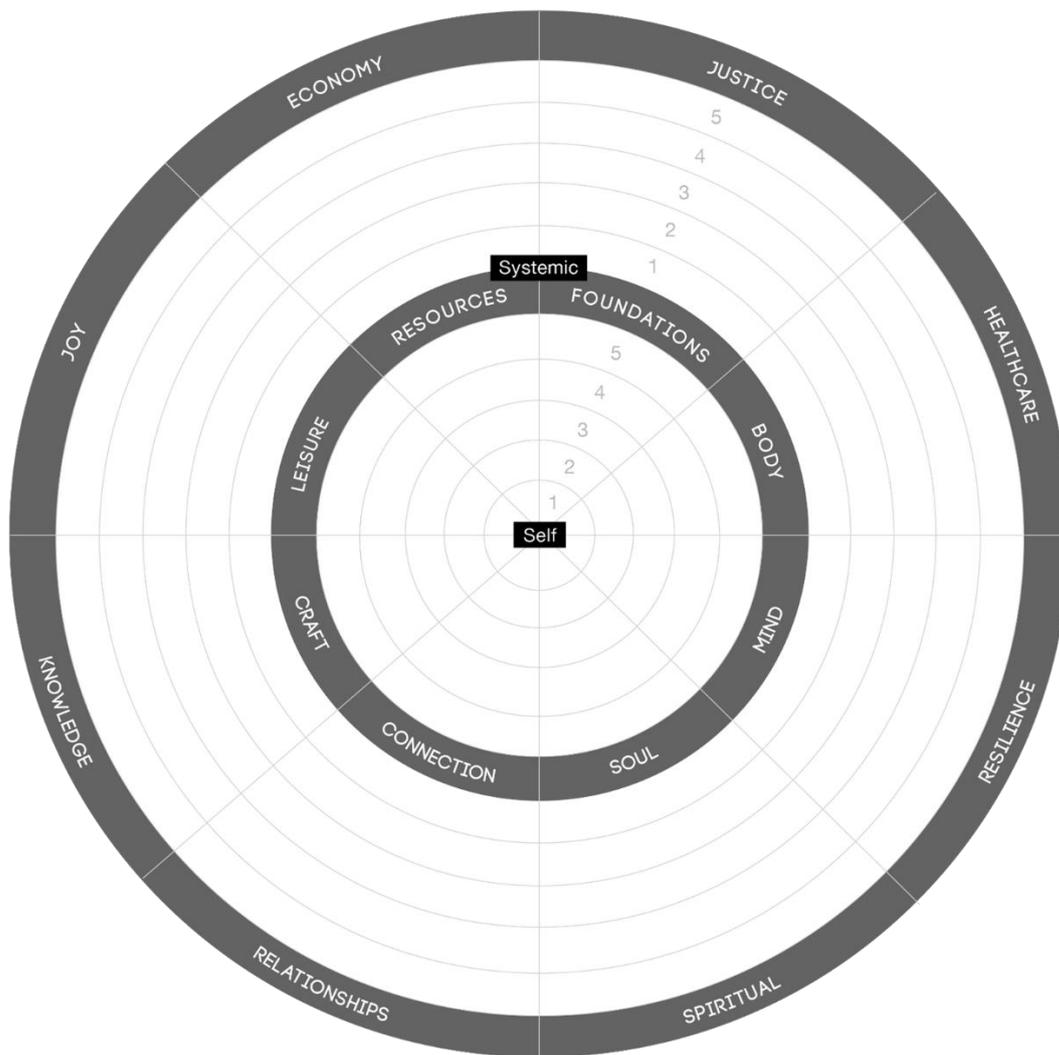


HOLISTIC SELF-CARE ASSESSMENT

This self-care assessment is informed by the Holistic Self-Care Model (Cachia, 2024). It features 8 domains, each encompassing two-tiers, representing self-oriented and systemic-oriented life domains. Maintaining self-care is an act of civil disobedience within systematically unjust systems and self-care practice on personal and collective levels cultivates wellness.

Identifying your current engagement of self-care can help you to understand your needs and objectives as well as build new behaviours and habits. This tool provides the opportunity for tangible transformation, for the self and others.



Holistic Self-Care Model, Leoni Cachia, 2024.

To assess your present engagement with self-care practice, rate (from 1-5) how frequently or effectively you set aside time in the following areas; Foundations (Justice), Body (Healthcare), Mind (Resilience), Soul (Spiritual), Connection (Relationships), Craft (Knowledge), Leisure (Joy), Resources (Economy). You can do this intuitively or by using the following considerations as a guide. Be honest about what most resonates! You can mark your scores digitally, print a copy and mark with a pen or colour it in, assign colours to your domains and reevaluate your self-care practice over time.

RATING SCALE

1 = I never do this/ tried once

2 = I rarely do this/ once or twice a year

3 = I do this sometimes/ once or twice a month

4 = I do this often/ frequently/ once or twice a week

5 = This is part of my daily routine/ every day

FOUNDATIONS

- Create a safe environment (home/ work).
- Cultivate a comfortable space for myself.
- Prioritise personal and digital security.
- Engaging in self-defence.
- Looking after my basic needs.
- Holding myself to account.

JUSTICE

- Create a safe and secure environment for others.
- Contributing to comfortable environments.
- Holding others accountable with space for discourse where appropriate.
- Taking up space in communal and public spaces.
- Unsubscribing and financially boycotting from spaces that do not serve you/ others.
- Supporting eco-sustainability and healthy environments.
- Alignment with purpose, workplace and/ or role.
- Use my influence to feedback or petition for change, contact people in positions of power and take up advocacy/policy informing roles.
- Modelling a healthy relationship with self-care.

BODY

- Sleep routine; 5 sleep cycles/ 7.5 hours per sleep.
- Limited napping unless due to long-term health condition management.
- Staying hydrated, using the toilet when needed and pacing bowel movements.
- Nourishing my body with healthy whole foods. Reducing ultra-processed food/ refined sugar.
- Routine or intuitive eating.
- Frequent movement throughout the day and exercise for flexibility, mobility and strength.
- Oral hygiene, nail/ hair/ skin care.
- Awareness of hormone cycles, fertility and sexual health; all genders!
- Holding, touching and pleasuring my body.
- Medical appointments, managing and tapering medications.
- Trialling herbal/ natural/ alternative medicines.
- Awareness of relationship with stimulants such as caffeine.
- Using complementary therapies for physical care; massage, somatic/ body work.
- How I dress my body. Cotton and linen clothes that are comfortable/ practical that I like.

HEALTHCARE

- Maintaining our physical health whilst helping others.
- Relationship with national and private health services.
- Triangulating care between healthcare professionals.
- Self and collective advocacy for care and improving provisions.
- Requesting that declined care or referrals are documented on record keeping by your healthcare provider.
- Researching my own community care options and resources for self-agency and independent management of my own health.
- Attending the gym or other spaces for collective health and fitness.
- Providing feedback or volunteering for public and private services in my community.
- Modelling a healthy relationship with my body, passive and active relaxation.

MIND

- Identifying sensations, emotions and expressions, self-soothing and emotionally regulating.
- Awareness of neurodivergence and impacts to living.
- Catching unhelpful/ self-limiting cognitions.
- Awareness of unhelpful habits and building useful behaviours.
- Understanding the things I dislike about myself and working to integrate or resolve them.
- Acknowledgement of overcome challenges over my lifespan.
- Noting acts of kindness/ values, qualities, traits, strengths and gratitude.
- Journaling, monitoring interactions between hormones, activity, health, stress and mood.
- Using self-help, coaching, counselling or psychotherapy and researching different modalities best suited for my difficulties.
- Utilising visualisation and daydreaming for future-casting.

RESILIENCE

- Maintaining our mental health whilst supporting others.
- Making mental health an agenda item within my spaces and prioritising wellbeing with my friends, family, peers and colleagues.
- Advocating for improved mental healthcare and engaging in activism.
- Providing feedback or volunteering for social prescribing, befriending, and community mental health initiatives.
- Attending collective spaces such as reflective or healing spaces, self-care workshops, walk-and-talks and group therapies.

SOUL

- If atheist and/ or agnostic, how does this sit with me? Will I include this part of the model?
- Ground, cleanse, protect.
- Spiritual boundaries; self and environment.
- Spiritual practice in alignment with values.
- Connection with nature, the elements, seasons, solar and lunar phases, cosmology, astrology, astronomy, alchemy, divination, tarot, runes, rituals, secular faiths or religions and indigenous practices.
- Awareness of symbolism, sigils and magic.
- Grounding in nature.
- Sound and frequency bathing/ healing.
- Investing money or time into soul work.
- Spiritual and mystic reading or research.
- My relationship with my senses, inner knowing/ intuition.
- Downloads/ messages I receive and how they appear.
- Noting frequent coincidences.
- Lucid dreaming and dream interpretation.
- Spiritual and mystic reading or research.
- How soul, faith or and guidance informs my decision making.
- Meditation and prayer.
- Connecting with ancestors.
- Near death experience, remembering and past life regression.
- Keeping messages from loved ones passed/ my ancestors.
- Exploring existential concepts; time, meaning of existence, life and the life-death-life cycle, mortality, the universe.
- Relationship with goodbyes and endings in my life.

SPIRITUAL

- Connection to the land I inhabit.
- Collective gratitude or affirmation building.
- Seeking spiritual guidance, wisdom from elder souls or spaces.
- How spiritual practice informs my work, relationships and engagement with community.
- Accessing spiritual healing spaces.
- Complementary therapies that constitute soul work and energetic healing, Reiki.
- Retreats, forest bathing, emotional geography, nature-therapy, eco-therapy, community spaces in the natural world.
- Considering the interactions between spiritual, mental and physical experiences.
- Awareness cultural appropriation and spiritual bypassing.
- Holding people to account for ethical and safe spaces.
- Importance of energetic boundaries.
- Awareness of psychic attack and energetic manipulation.
- Moving away from idol worship/ personalities over practice.

CONNECTION

- Relationship and boundaries with myself.
- Honesty with self, awareness of likes, dislikes and meeting needs.
- Authenticity, vulnerability and risk taking in relationships when safe.
- Keeping in touch with those I care for or connect with to maintain relationships.
- Connection with my home and where I'm from.
- Sexual identify, orientation and attraction.
- Boundaries in platonic, familial and romantic relationships.
- Boundaries with work and time.
- Awareness of how much access people have to me, in person, social media or devices.
- Communication styles in different spaces/ with different people/ degree of relationship.
- Awareness of enmeshment, co-dependency, hyper-independence, inter-dependence and co-regulation.
- Love languages and preferences for giving and receiving care, intimacy and love.
- Awareness of attachment, wounds, defences and areas/ levels of compatibility.
- Identifying and working on sabotaging behaviours; avoidance, minimising, over-extending, silencing, self-abandonment.

RELATIONSHIPS

- Reciprocity; giving and taking.
- Boundaries with wider networks, extended connections and acquaintances.
- Cultivating connection within community spaces, with neighbours and those in need.
- Sharing responsibilities and rewards.
- Diplomacy, debating or challenging with discourse and cohesion.
- Advancing collective movements.
- Use of devices and social media, awareness of passive use, dissociation, doom-scrolling and unhelpful distraction.
- Digital breaks or detox.
- Addressing group ruptures or splitting and taking responsibility for resolution building.
- Slow-process activities cultivating togetherness and relationship building. Writing and giving/ sending letters.
- Creating collective memories and keepsakes.
- Attending peer spaces and connecting in self-care spaces.
- Involving friends and loved ones in wider spaces, collaborating on projects.
- Modelling values and integrity in relationships.

CRAFT

- Understanding my learning style.
- Attending meaningful professional or vocational activities.
- Prioritising purpose over roles, titles, jobs and institutions.
- Identifying my calling or life's work.
- Engagement with occupational or vocational passions and testing interests.
- Developing specialisms or expertise.
- Knowing if goals are important to me. Setting short, mid-term and long-term objectives for direction.
- Awareness of how much I trust in myself to get where I wish.
- Accepting craft-based opportunities, serendipity and synchronicities.
- Awareness of how I respond to change, pivots, demands and promotions.
- Awareness of my relationship with working hard vs smart, effort vs reward and perfectionist tendencies.
- Engagement in rest, pacing, pleasure and healing in the context of career building.
- Gaining craft or career support, guidance, supervision.

LEISURE

- Remembering joyous moments
- Passive relaxation/ rest and active relaxation as part of routine.
- Cultivating a lifestyle not needing to escape from.
- Exploring interests and hobbies.
- Trying new activities.
- Carving time for spontaneity.
- Engaging in activities that provide a sense of flow or hyper-focus.
- Engaging with a variety of leisure practices from my culture(s).
- Cultivating curiosity, play and laughter.
- Use of colour, shape, size, texture, scents, art or photos in my environment.

KNOWLEDGE

- Learning new things in shared spaces.
- Lending our skills and crafts to community knowledge building.
- Mentoring, coaching and teaching others.
- Using my craft to inform activism or social change.
- Utilising opportunities and providing others opportunities where appropriate.
- Modelling and promoting self-care in craft or occupational spaces.
- Disseminating knowledge, fact checking and sharing information.
- Creating or joining initiatives for alternative education or syllabus for children, young people and adults.
- Awareness of Eurocentric, neurotypical and ableist oriented teaching.
- Boycotting, defunding or demanding change from training institutions where appropriate.
- Using voice or craft to inform legislation and policy change.

JOY

- Spending time playing and laughing with others.
- Being curious and questioning with others.
- Doing pleasurable or novel activities with others.
- Being playful at home/ with loved ones.
- Modelling play and fun with others/ in groups.
- Using creativity for problem solving and idea building.
- Advocating, voting on and funding public spaces, for community recreation, leisure and play.

RESOURCES

- Investing energy, time and resources into myself, my personal and professional activities.
- Rewarding myself and celebrating my achievements.
- Being resourceful and using what I already have access to.
- Live within my means.
- Monitoring finances; income, spending, saving, investing, charity and gifting.
- Access to social support if needed. bookkeeping and accountancy if applicable.
- Knowledge on subsidising and expending.
- Awareness of the skills and resources I could rely on without money.
- My relationship with paying for services or spending money.
- Understanding my emotions linked to money and resources.
- Acknowledging how money motivated I am, why and how this shapes my habits.

ECONOMY

- Investing energy, time and/or resources into community and collective advancement.
- Engaging in serial reciprocity; paying it forward and giving back.
- Building community wellbeing alongside wealth.
- Knowledge of business structures and enterprise models, applying for funding, networking, connecting and mentorship.
- Involvement in co-operatives or community-based initiatives; agriculture, healthy eating, recreation, banking, healthcare, childcare and end of life care.
- Accepting or providing donations and gifts outside of organised charity.
- Evaluating and creating sustainable systems that involve voluntary work or free at the point of access.
- Prioritising localisation, sustainability, resourcefulness and reinvestment.
- Modelling ethical resource management and utilisation.