

Athlete Self-Care

ASSESSMENT

SPORT PSYCHOLOGY *by Carrie Hastings*

Instructions:

Self-care is essential for maintaining peak performance and overall well-being. This assessment will help you identify which area of self-care needs the most attention. Rate each statement on a scale of **1 to 5**, with **1 = Strongly Disagree** and **5 = Strongly Agree**.

1. Physical Self-Care

- I get at least 7-9 hours of sleep each night.
- I eat balanced, nutrient-dense meals to fuel my body.
- I stay well-hydrated throughout the day.
- I prioritize rest and recovery after training or competition.
- I listen to my body and address any injuries or physical discomfort promptly.

2. Emotional Self-Care

- I allow myself to experience and process emotions without judgment.
- I have healthy coping strategies for stress and anxiety.
- I engage in activities that bring me joy outside of my sport.
- I have supportive people I can talk to when I need emotional support.
- I practice self-compassion and avoid negative self-talk.

3. Mental Self-Care

- I regularly set and review personal and athletic goals.
- I practice mindfulness, visualization, or other mental skills to improve focus.
- I take breaks from training to prevent burnout.
- I have strategies to manage pressure and performance-related stress.

___ I actively work on improving my confidence and mental toughness.

4. Social Self-Care

___ I make time to connect with friends, family, or teammates outside of my sport.

___ I set boundaries to maintain a healthy balance between my sport and personal life.

___ I feel supported by my coaches, teammates, and mentors.

___ I communicate my needs and concerns effectively with those around me.

___ I engage in social activities that help me relax and recharge.

5. Spiritual Self-Care (Personal Meaning & Purpose)

___ I feel a sense of purpose in my sport and daily life.

___ I engage in practices that bring me inner peace (e.g., meditation, prayer, journaling).

___ I reflect on my values and ensure my actions align with them.

___ I take time to appreciate nature, art, or other experiences that inspire me.

___ I feel connected to something greater than myself, whether through faith, community, or a personal philosophy.

Scoring & Reflection

1. Add up your scores for each category.
2. The category with the **lowest** score is the area of self-care that may need more attention.
3. Reflect on what changes you can make to improve your self-care in that area.