

Quick Self-Care Checklist for Physicians

Use this simple checklist to gauge your current state of well-being. This is not a diagnostic tool—but it can help you reflect on how well you're taking care of yourself and identify areas where you may need support.

1. Physical Health

- I have a personal doctor or healthcare provider.
- I've had a physical check-up in the past 12 months.
- I get at least 6–7 hours of sleep on most nights.
- I eat regular, balanced meals during the workday.
- I engage in some form of physical activity weekly.

2. Mental and Emotional Well-being

- I feel emotionally supported by at least one person.
- I regularly take time to de-stress or decompress.
- I can recognize signs of burnout in myself.
- I know where to go for confidential mental health support.
- I feel comfortable talking about my mental health if needed.

3. Work-Life Balance

- I take breaks during shifts when possible.
- I use my vacation or leave time when needed.
- I have hobbies or interests outside of medicine.
- I feel a sense of purpose or satisfaction in my work.
- I've set boundaries to protect my personal time.

Self-Care Checklist Outcome

If more than 2 boxes are unchecked in each section, or if you are unable to check more than 6 boxes, you're not alone—but it may be time to take action. Start with our support resources, or try our private self-check quiz.

[Access Support Resources](#)

[Take the Wellness Quiz](#)