

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.

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.

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.

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.

Results

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](#)