

Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

Rate the following areas according to how well you think you are doing...

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical Self-Care

- ___ Eat regularly (breakfast, lunch, and dinner)
- ___ Get regular medical care for prevention
- ___ Get medical care when needed
- ___ Take time off when sick
- ___ Wear clothes I like
- ___ Do some fun physical activity
- ___ Think positive thoughts about my body
- ___ Exercise
- ___ Eat healthily
- ___ Get enough sleep
- ___ Do some fun artistic activity
- ___ (Other) _____

Psychological Self-Care

- ___ Make time away from technology/internet
- ___ Read something unrelated to work
- ___ Notice my thoughts, beliefs, attitudes, feelings
- ___ Engage my intelligence in a new way or area
- ___ Do something at which I am not expert
- ___ Make time for self-reflection
- ___ Write in a journal
- ___ Be curious
- ___ Say no to extra responsibilities
- ___ Be okay leaving work at work
- ___ (Other) _____

Emotional Self-Care

- ___ Spend time with people whose company I enjoy
- ___ Identify and seek out comforting activities/places
- ___ Love myself
- ___ Allow myself to cry
- ___ Give myself affirmation/praise
- ___ Find things that make me laugh
- ___ (Other) _____

Spiritual Self-Care

- ___ Make time for reflection
- ___ Find a spiritual connection or community
- ___ Be aware of non-material aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Identify what is meaningful to me
- ___ Contribute to causes in which I believe
- ___ Read or listen to something inspirational

Spiritual Self-Care Cont'd

- _____ Spend time in nature
- _____ Be open to inspiration
- _____ Cherish my optimism and hope
- _____ Be open to knowing
- _____ Meditate
- _____ Find time for prayer or praise
- _____ (Other) _____

Workplace or Professional Self-Care

- _____ Take time to chat with coworkers
- _____ Identify projects/tasks that are exciting
- _____ Balance my load so that nothing is "way too much"
- _____ Arrange work space to be comfortable
- _____ Get regular supervision or consultation
- _____ Negotiate/advocate for my needs
- _____ Make quiet time to work
- _____ Take a break during the day
- _____ Set limits with my boss/peers
- _____ Have a peer support group
- _____ Identify rewarding tasks
- _____ (Other) _____

Relationship Self-Care

- _____ Call, check on, or see my relatives
- _____ Share a fear, hope, or secret with someone I trust
- _____ Make time for personal correspondence
- _____ Allow others to do things for me
- _____ Make time to be with friends
- _____ Ask for help when I need it
- _____ Communicate with my family
- _____ (Other) _____

Areas of Self-Care that are Relevant to You

- _____ (Other) _____
- _____ (Other) _____
- _____ (Other) _____

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the Pain: A Workbook on Vicarious Traumatization*. Norton. Adapted by Lisa D. Butler, PhD.