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)  0 = I never do this
2 = I do this OK (e.g., occasionally)  ? = This never occurred to me
1 = I barely or rarely do this

<table>
<thead>
<tr>
<th>Physical Self-Care</th>
<th>Psychological Self-Care</th>
<th>Emotional Self-Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____ Eat regularly (breakfast, lunch, and dinner)</td>
<td>____ Take day trips or mini-vacations</td>
<td>____ Spend time with people whose company I enjoy</td>
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<tr>
<td>_____ Get regular medical care for prevention</td>
<td>____ Have my own personal psychotherapy</td>
<td>____ Stay in contact with important people in my life</td>
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<tr>
<td>_____ Get medical care when needed</td>
<td>____ Make time away from technology/internet</td>
<td>____ Re-read favorite books, re-view favorite movies</td>
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<tr>
<td>_____ Take time off when sick</td>
<td>____ Read something unrelated to work</td>
<td>____ Identify and seek out comforting activities/places</td>
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<tr>
<td>_____ Wear clothes I like</td>
<td>____ Notice my thoughts, beliefs, attitudes, feelings</td>
<td>____ Express my outrage in social action or discussion</td>
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<tr>
<td>_____ Do some fun physical activity</td>
<td>____ Engage my intelligence in a new way or area</td>
<td>____ Love myself</td>
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<tr>
<td>_____ Think positive thoughts about my body</td>
<td>____ Do some fun artistic activity</td>
<td>____ Allow myself to cry</td>
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<tr>
<td>_____ Exercise</td>
<td>____ Make time for self-reflection</td>
<td>____ Give myself affirmation/praise</td>
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<tr>
<td>_____ Eat healthily</td>
<td>____ Write in a journal</td>
<td>____ Find things that make me laugh</td>
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<tr>
<td>_____ Get massages</td>
<td>____ Attend to minimizing life stress</td>
<td>____ (Other)</td>
</tr>
<tr>
<td>_____ Get enough sleep</td>
<td>____ Be curious</td>
<td></td>
</tr>
<tr>
<td>_____ Do some fun artistic activity</td>
<td>____ Say no to extra responsibilities</td>
<td></td>
</tr>
<tr>
<td>_____ (Other)</td>
<td>____ Be okay leaving work at work</td>
<td></td>
</tr>
</tbody>
</table>

This never occurred to me
**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
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational

**Relationship Self-Care**

- Schedule regular dates with my partner
- Call, check on, or see my relatives
- Share a fear, hope, or secret with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Allow others to do things for me
- Ask for help when I need it
- Communicate with my family
- Enlarge my social circle
- Spend time with animals

**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 time to be with friends
- 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) ___________________

**Overall Balance**

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

**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.