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 but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

<table>
<thead>
<tr>
<th>Rate the following areas according to how well you think you are doing:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 = I do this well (e.g., frequently)</td>
</tr>
<tr>
<td>2 = I do this OK (e.g., occasionally)</td>
</tr>
<tr>
<td>1 = I barely or rarely do this</td>
</tr>
<tr>
<td>0 = I never do this</td>
</tr>
<tr>
<td>? = This never occurred to me</td>
</tr>
</tbody>
</table>

Physical Self-Care
____ Eat regularly (e.g. breakfast, lunch, and dinner)
____ Eat healthily
____ Exercise
____ Get regular medical care for prevention
____ Get medical care when needed
____ Take time off when sick
____ Get massages
____ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
____ Take time to be sexual - with myself, with a partner
____ Get enough sleep
____ Wear clothes I like
____ Take vacations
____ Other:

Emotional Self-Care
____ Spend time with others whose company I enjoy
____ Stay in contact with important people in my life
____ Give myself affirmations, praise myself
____ Love myself
____ Re-read favorite books, re-view favorite movies
____ Identify comforting activities, objects, people, places and seek them out
____ Allow myself to cry
____ Find things that make me laugh
____ Express my outrage in social action, letters, donations, marches, protests
____ Other:

Psychological/Mental Self-Care
____ Take day trips or mini-vacations
____ Make time away from telephones, email, and the Internet
____ Make time for self-reflection
____ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
____ Have my own personal psychotherapy
____ Write in a journal
____ Read literature that is unrelated to work
____ Do something at which I am not expert or in charge
____ Attend to minimizing stress in my life
____ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization.*
## Self-Care Assessment

- Be curious
- Say no to extra responsibilities sometimes
- Other:

### Spiritual Self-Care
- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish my optimism and hope
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks, music
- Other:

### Relationship Self-Care
- Schedule regular dates with my partner or spouse
- Schedule regular activities with my children
- Make time to see friends
- Call, check on, or see my relatives
- Spend time with my companion animals
- Stay in contact with faraway friends
- Make time to reply to personal emails and letters; send holiday cards
- Allow others to do things for me
- Enlarge my social circle
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Other:

### Workplace or Professional Self-Care
- Take a break during the workday (e.g., lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance my caseload so that no one day or part of a day is “too much”
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits, pay raise)
- Have a peer support group
- (If relevant) Develop a non-trauma area of professional interest

### Overall Balance
- Strive for balance within my work-life and work day
- Strive for balance among work, family, relationships, play, and rest

### Other Areas of Self-Care that are Relevant to You

---

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization.*