

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 massages
- Take vacations
- Get enough sleep
- Do some fun artistic activity
- (Other) _____

PSYCHOLOGICAL SELF-CARE

- Take day trips or mini-vacations
- Have my own personal psychotherapy
- Make time away from technology/internet
- 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
- Stay in contact with important people in my life
- Re-read favorite books, re-view favorite movies
- Identify and seek out comforting activities/places
- Express my outrage in social action or discussion

- 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
- ___ Seek out reenergizing or nourishing experiences
- ___ Contribute to causes in which I believe
- ___ Read or listen to something inspirational

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

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

- ___ Make time to be with friends
- ___ Ask for help when I need it
- ___ Communicate with my family
- ___ Enlarge my social circle
- ___ Spend time with animals
- ___ (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) _____

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.