

# 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

- |   |  |
|---|--|
| <u>3</u> Eat regularly (breakfast, lunch, and dinner) | <u>1</u> Exercise                      |
| <u>3</u> Get regular medical care for prevention      | <u>2</u> Eat healthily                 |
| <u>3</u> Get medical care when needed                 | <u>0</u> Get massages                  |
| <u>2</u> Take time off when sick                      | <u>2</u> Take vacations                |
| <u>3</u> Wear clothes I like                          | <u>1</u> Get enough sleep              |
| <u>2</u> Do some fun physical activity                | <u>1</u> Do some fun artistic activity |
| <u>1</u> Think positive thoughts about my body        | ____ (Other) _____                     |

## Psychological Self-Care

- |   |   |
|---|---|
| <u>2</u> Take day trips or mini-vacations                 | <u>1</u> Make time for self-reflection    |
| <u>0</u> Have my own personal psychotherapy               | <u>4</u> Write in a journal               |
| <u>1</u> Make time away from technology/internet          | <u>2</u> Attend to minimizing life stress |
| <u>2</u> Read something unrelated to work                 | <u>3</u> Be curious                       |
| <u>2</u> Notice my thoughts, beliefs, attitudes, feelings | <u>1</u> Say no to extra responsibilities |
| <u>2</u> Engage my intelligence in a new way or area      | <u>2</u> Be okay leaving work at work     |
| <u>1</u> Do something at which I am not expert            | ____ (Other) _____                        |

## Emotional Self-Care

- |   |   |
|---|---|
| <u>3</u> Spend time with people whose company I enjoy       | <u>3</u> Love myself                    |
| <u>3</u> Stay in contact with important people in my life   | <u>2</u> Allow myself to cry            |
| <u>2</u> Re-read favorite books, re-view favorite movies    | <u>4</u> Give myself affirmation/praise |
| <u>2</u> Identify and seek out comforting activities/places | <u>3</u> Find things that make me laugh |
| <u>1</u> Express my outrage in social action or discussion  | ____ (Other) _____                      |

**Spiritual Self-Care**

- |  |   |
|--|---|
| <u>2</u> Make time for reflection                        | <u>1</u> Spend time in nature           |
| <u>3</u> Find a spiritual connection or community        | <u>2</u> Be open to inspiration         |
| <u>1</u> Be aware of non-material aspects of life        | <u>2</u> Cherish my optimism and hope   |
| <u>1</u> Try at times not to be in charge or the expert  | <u>3</u> Be open to knowing             |
| <u>2</u> Identify what is meaningful to me               | <u>1</u> Meditate                       |
| <u>2</u> Seek out reenergizing or nourishing experiences | <u>2</u> Find time for prayer or praise |
| <u>2</u> Contribute to causes in which I believe         | <u>1</u> Have experiences of awe        |
| <u>2</u> Read or listen to something inspirational       | ____ (Other) _____                      |

**Relationship Self-Care**

- |   |                                       |
|---|---------------------------------------|
| <u>2</u> Schedule regular dates with my partner             | <u>2</u> Make time to be with friends |
| <u>3</u> Call, check on, or see my relatives                | <u>3</u> Ask for help when I need it  |
| <u>1</u> Share a fear, hope, or secret with someone I trust | <u>3</u> Communicate with my family   |
| <u>2</u> Stay in contact with faraway friends               | <u>2</u> Enlarge my social circle     |
| <u>3</u> Make time for personal correspondence              | <u>0</u> Spend time with animals      |
| <u>1</u> Allow others to do things for me                   | ____ (Other) _____                    |

**Workplace or Professional Self-Care**

- |  |  |
|--|--|
| <u>2</u> Take time to chat with coworkers                  | <u>3</u> Make quiet time to work       |
| <u>2</u> Identify projects/tasks that are exciting         | <u>3</u> Take a break during the day   |
| <u>2</u> Balance my load so that nothing is "way too much" | <u>3</u> Set limits with my boss/peers |
| <u>3</u> Arrange work space to be comfortable              | <u>2</u> Have a peer support group     |
| <u>3</u> Get regular supervision or consultation           | <u>1</u> Identify rewarding tasks      |
| <u>2</u> Negotiate/advocate for my needs                   | ____ (Other) _____                     |

**Overall Balance**

- 1 Strive for balance within my work-life and work day
- 2 Strive for balance among my family, friends, and relationships
- 1 Strive for balance between play and rest
- 2 Strive for balance between work/service and personal time
- 2 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.