

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.

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

- 3 = I do this well (i.e. frequently)
- 2 = I do this OK (i.e. occasionally)
- 1 = I barely or rarely do this
- 0 = I never do this
- ? = This never occurred to me

<p>Physical Self-Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat regularly (i.e. breakfast, lunch, and dinner) <input type="checkbox"/> Eat healthy <input type="checkbox"/> Exercise <input type="checkbox"/> Get regular medical care for prevention <input type="checkbox"/> Get medical care when it's needed <input type="checkbox"/> Take time off when sick <input type="checkbox"/> Get massages <input type="checkbox"/> Dance, swim, walk, run, play sports, sing, or do some other fun physical activity <input type="checkbox"/> Take time to be sexual (with myself, with a partner) <input type="checkbox"/> Get enough sleep (7-9 hours per night) <input type="checkbox"/> Wear clothes I like <input type="checkbox"/> Take vacations <input type="checkbox"/> Other: 	<p>Psychological Self-Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take day trips or mini-vacations <input type="checkbox"/> Make time away from phones, email, internet, technology <input type="checkbox"/> Make time for self-reflection <input type="checkbox"/> Notice my inner experience – listen to my thoughts, beliefs, attitudes, feelings <input type="checkbox"/> Seek the services of a counselor or therapist <input type="checkbox"/> Write in a journal <input type="checkbox"/> Read literature that is unrelated to work <input type="checkbox"/> Do something at which I am not expert or in charge <input type="checkbox"/> Attend to minimizing stress in my life <input type="checkbox"/> Engage my intelligence in a new area (i.e. go to an art show, sports event, theater) <input type="checkbox"/> Be curious <input type="checkbox"/> Say "no" to extra responsibilities sometimes <input type="checkbox"/> Other:
<p>Emotional Self-Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spend time with others whose company I enjoy <input type="checkbox"/> Stay in contact with important people in my life <input type="checkbox"/> Give myself affirmations, praise myself, be proud of accomplishments <input type="checkbox"/> Love myself <input type="checkbox"/> Re-read favorite books, re-view favorite movies <input type="checkbox"/> Identify comforting activities, objects, people, places and seek them out <input type="checkbox"/> Allow myself to cry <input type="checkbox"/> Find things that make me laugh <input type="checkbox"/> Express anger in healthy ways <input type="checkbox"/> Express outrage through social action, letters, donations, marches, protests, awareness-raising events <input type="checkbox"/> Other: 	<p>Spiritual Self-Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make time for reflection <input type="checkbox"/> Spend time in nature <input type="checkbox"/> Find a spiritual connection or community <input type="checkbox"/> Be open to inspiration <input type="checkbox"/> Cherish optimism and hope <input type="checkbox"/> Be aware of non-material aspects in life <input type="checkbox"/> Try at times not to be in charge or the expert <input type="checkbox"/> Be open to not knowing <input type="checkbox"/> Identify what is meaningful to me and notice its place in my life <input type="checkbox"/> Meditate <input type="checkbox"/> Pray <input type="checkbox"/> Sing <input type="checkbox"/> Have experiences of awe <input type="checkbox"/> Contribute to causes in which I believe <input type="checkbox"/> Read inspirational literature or listen to inspirational talks, music <input type="checkbox"/> Other:

Adapted from multiple sources, including Saakvitne, Pearlman & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton (Retrieved 8/6/2010 from http://www.ballarat.edu.au/aasp/student/sds/self_care_assess.shtml) and adapted by Lisa D. Butler, Ph.D.); ELNEC Core Curriculum © COH & AACN, 2007, Revised: January 2011, pgs. M7-65, 66.

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<p>Relationship Self-Care</p> <p><input type="checkbox"/> Schedule regular dates with my partner or spouse</p> <p><input type="checkbox"/> Schedule regular activities with my children</p> <p><input type="checkbox"/> Make time to see friends</p> <p><input type="checkbox"/> Call, check on, or see my relatives</p> <p><input type="checkbox"/> Spend time with my companion animals</p> <p><input type="checkbox"/> Stay in contact with faraway friends</p> <p><input type="checkbox"/> Make time to reply to personal emails and letters; send cards</p> <p><input type="checkbox"/> Allow others to do things for me</p> <p><input type="checkbox"/> Enlarge my social circle</p> <p><input type="checkbox"/> Ask for help when I need it</p> <p><input type="checkbox"/> Share a fear, hope, dream, secret with someone I trust</p> <p><input type="checkbox"/> Other:</p>	<p>Workplace or Professional Self-Care</p> <p><input type="checkbox"/> Take a break during the workday (i.e. lunch)</p> <p><input type="checkbox"/> Take time to chat with co-workers</p> <p><input type="checkbox"/> Make quiet time to complete tasks</p> <p><input type="checkbox"/> Identify projects or tasks that are exciting and rewarding</p> <p><input type="checkbox"/> Set limits/boundaries with patients/families and colleagues</p> <p><input type="checkbox"/> Balance workload so that no one day or part of a day is "too much"</p> <p><input type="checkbox"/> Arrange work space so it is comfortable and comforting</p> <p><input type="checkbox"/> Get regular supervision, mentoring, or consultation</p> <p><input type="checkbox"/> Negotiate for my needs (i.e. hours, benefits, compensation)</p> <p><input type="checkbox"/> Have a peer support group (even if it's one other person)</p> <p><input type="checkbox"/> (If relevant) Develop a non-trauma area of professional interest</p> <p><input type="checkbox"/> Other:</p>
<p>Overall Balance</p> <p><input type="checkbox"/> Strive for balance within my work life and work day</p> <p><input type="checkbox"/> Strive for balance among work, family, relationships, play and rest</p> <p><input type="checkbox"/> Other:</p>	<p>Other Areas of Self-Care that are Relevant to Me</p>

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