

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. Frequently.
- 2** | I do this OK. Occasionally.
- 1** | I barely or rarely do this.
- 0** | I never do this.
- ?** | This never occurred to me

SECTION ONE

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
- Get enough sleep
- Wear clothes I like
- Take vacations
- Other:

SECTION TWO

Psychological 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; For example, go to an art show, sports event, theatre
- Be curious
- Say no to extra responsibilities sometimes
- Other:

SECTION THREE

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:

SECTION FIVE

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:

SECTION FOUR

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:

SECTION SIX

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

SECTION SEVEN

Overall Balance

_____ Strive for balance within my work-life and work day

_____ Strive for balance among work, family, relationships, play, and rest

SECTION EIGHT

Other Areas of Self-Care that are Relevant to You
