

## Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Add other areas of self-care that are relevant to you that may not be listed. Rate yourself on how often and/or how well you are *currently* taking care of yourself.

**Rate the following dimensions according to the scale below:**

**3 = I do this well and/or frequently**

**2 = I do this okay and/or occasionally**

**1 = I barely or rarely do this**

**0 = I never do this**

**? = This never occurred to me**

### Physical Self-Care

- Eat regularly (i.e. 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
- Engage in a fun physical activity (i.e. dance, swim, walk, run, play sports, sing, etc.)
- Take time to be sexual with myself or a partner
- Get enough sleep
- Wear clothes I like
- Take vacations
- Other(s):

### 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
- 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(s):

### Social (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

### Intellectual (Psychological) Self-Care

- Take day trips or mini-vacations
- Make time away from telephones, email, and/or 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 an expert
- Attend to minimizing stress in my life
- Engage my intelligence in a new area (i.e. go to an art show, sports event, theatre, etc.)

<p><input type="checkbox"/> Share a fear, hope, or secret with someone I trust</p> <p><input type="checkbox"/> Other(s):</p>	<p><input type="checkbox"/> Be curious</p> <p><input type="checkbox"/> Sometimes say no to extra responsibilities</p> <p><input type="checkbox"/> Other(s):</p>
<p><b>Spiritual Self-Care</b></p> <p><input type="checkbox"/> Make time for reflection</p> <p><input type="checkbox"/> Spend time in nature (i.e. nearby park, beach, woods, etc.)</p> <p><input type="checkbox"/> Find a spiritual connection or community</p> <p><input type="checkbox"/> Be open to inspiration through books, movies, music, talks, other people</p> <p><input type="checkbox"/> Cherish my optimism and hope</p> <p><input type="checkbox"/> Be aware of non-material aspects of life</p> <p><input type="checkbox"/> Try at times not to be in charge or the expert</p> <p><input type="checkbox"/> Be open to not knowing</p> <p><input type="checkbox"/> Identify what is meaningful to me and notice its place in my life</p> <p><input type="checkbox"/> Meditate</p> <p><input type="checkbox"/> Pray</p> <p><input type="checkbox"/> Sing</p> <p><input type="checkbox"/> Have experiences of awe</p> <p><input type="checkbox"/> Contribute to causes in which I believe</p> <p><input type="checkbox"/> Other(s):</p>	<p><b>Occupational (Workplace / Professional) Self-Care</b></p> <p><input type="checkbox"/> Take a break during the workday (i.e. lunch away from my desk)</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 with clients and colleagues</p> <p><input type="checkbox"/> Balance my caseload so that no one day or part of a day is "too much"</p> <p><input type="checkbox"/> Arrange my workspace so it is comfortable and/or comforting</p> <p><input type="checkbox"/> Get regular supervision, support, feedback, or consultation</p> <p><input type="checkbox"/> Negotiate for my needs (i.e. benefits, pay raises, etc.)</p> <p><input type="checkbox"/> Have a peer support group</p> <p><input type="checkbox"/> Other(s):</p>
<p><b>Overall Balance</b></p> <p><input type="checkbox"/> Strive for integration of my work and life</p> <p><input type="checkbox"/> Strive for balance among work, family, relationships, play, and rest</p> <p><input type="checkbox"/> Other(s):</p>	<p><b>Other Self-Care areas that are relevant to you</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care than others? Are there items on the list that make you think "I would never do that"? Listen to your internal dialogue, particularly noting anything you would like to include more in your weekly or daily routine.

<p>Are you more active in some areas of self-care than others?</p>	
<p>What dimension (or dimensions) is/are a personal focus area for you?</p>	

How can you increasingly make yourself a priority, with this insight?	
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Adapted by Lisa D. Butler, Ph.D. from the original source: Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton.

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