

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care

_____ Eat regularly (e.g. breakfast, lunch, and dinner)

_____ Eat healthy

_____ Exercise

_____ Get regular medical care for prevention

_____ Take time off when needed

_____ Get massages

_____ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun

_____ Get enough sleep

_____ Wear clothes you like

_____ Take vacations

_____ Take day trips or mini-vacations

_____ Make time away from telephones

_____ Other:

Psychological Self-Care

_____ Make time for self-reflection

_____ Have your own personal psychotherapy

_____ Write in a journal

_____ Read literature that is unrelated to work

_____ Do something at which you are not an expert or in charge

_____ Decrease stress in your life

- _____ Let others know different aspects of you
- _____ Notice your inner experience - listen to your thoughts, judgments, beliefs, attitudes, and Feelings
- _____ Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theater performance)
- _____ Practice receiving from others
- _____ Be curious
- _____ Say “no” to extra responsibilities sometimes
- _____ Other:

Emotional Self-Care

- _____ Spend time with others whose company you enjoy
- _____ Stay in contact with important people in your life
- _____ Give yourself affirmations, praise yourself
- _____ Love yourself
- _____ Re-read favorite books, re-view favorite movies
- _____ Identify comforting activities, objects, people, relationships, places and seek them out
- _____ Allow yourself to cry
- _____ Find things that make you laugh
- _____ Express your outrage in social action, letters and donations, marches, protests
- _____ Play with children
- _____ Other:

Spiritual Self-Care

- _____ Make time for reflection
- _____ Spend time with nature
- _____ Find a spiritual connection or community
- _____ Be open to inspiration
- _____ Cherish your optimism and hope
- _____ Be aware of nonmaterial aspects of life

- _____ Try at times not to be in charge or the expert
- _____ Be open to not knowing
- _____ Identify what is meaningful to you and notice its place in your life
- _____ Meditate
- _____ Pray
- _____ Sing
- _____ Spend time with children
- _____ Have experiences of awe
- _____ Contribute to causes in which you believe
- _____ Read inspirational literature (talks, music, etc.)
- _____ Other:

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 or rewarding
- _____ Set limits with your clients and colleagues
- _____ Balance your caseload so that no one day or part of a day is “too much”
- _____ Arrange your work space so it is comfortable and comforting
- _____ Get regular supervision or consultation
- _____ Negotiate for your needs (benefits, pay raise)
- _____ Have a peer support group
- _____ Develop a non-trauma area of professional interest
- _____ Other:

Balance

- _____ Strive for balance within your work life and work day
- _____ Strive for balance among work, family, relationships, play and rest