Self-Assessment Tool: Self-Care

How often do you do the following? (Rate, using the scale below):

5 = Frequently
4 = Sometimes
3 = Rarely
2 = Never
1 = It never even occurred to me

Physical Self Care

☐ Eat regularly (e.g. breakfast & lunch)
☐ Eat healthfully
☐ Exercise, or go to the gym
☐ Lift weights
☐ Practice martial arts
☐ Get regular medical care for prevention
☐ Get medical care when needed
☐ Take time off when you're sick
☐ Get massages or other body work
☐ Do physical activity that is fun for you
☐ Take time to be sexual
☐ Get enough sleep
☐ Wear clothes you like
☐ Take vacations
☐ Take day trips, or mini-vacations
☐ Get away from stressful technology such as pagers, faxes, telephones, e-mail
☐ Other:

Psychological Self Care

☐ Make time for self-reflection
☐ Go to see a psychotherapist or counselor for yourself
☐ Write in a journal
☐ Read literature unrelated to work
☐ Do something at which you are a beginner
☐ Take a step to decrease stress in your life
☐ Notice your inner experience - your dreams, thoughts, imagery, feelings
☐ Let others know different aspects of you
☐ Engage your intelligence in a new area - go to an art museum, performance, sports event, exhibit, or other cultural event
☐ Practice receiving from others
☐ Be curious
☐ Say no to extra responsibilities sometimes
☐ Spend time outdoors
☐ Other:

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Emotional Self Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Treat yourself kindly (supportive inner dialogue or self-talk)
- Feel proud of yourself
- Reread favorite books, review favorite movies
- Identify and seek out comforting activities, objects, people, relationships, places
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in a constructive way
- Play with children
- Other:

Spiritual Self Care

- Make time for prayer, meditation, reflection
- Spend time in nature
- Participate in a spiritual gathering, community or group
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nontangible (nonmaterial) aspects of life
- Be open to mystery, to not knowing
- Identify what is meaningful to you and notice its place in your life
- Sing
- Express gratitude
- Celebrate milestones with rituals that are meaningful to you
- Remember and memorialize loved ones who have died
- Nurture others
- Have awe-full experiences
- Contribute to or participate in causes you believe in
- Read inspirational literature
- Listen to inspiring music
- Other:

Workplace/Professional Self Care

- Take time to eat lunch
- Take time to chat with co-workers
- Make time to complete tasks
- Identity projects or tasks that are exciting, growth-promoting, and rewarding for you
- Set limits with clients and colleagues
- Balance your caseload so no one day is "too much!"
- Arrange your workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs
- Have a peer support group
- Other:

Adapted from Saakvitne, Pearlman, and Traumatic Stress Institute Staff,
Transforming the Pain: A Workbook on Vicarious Traumatization, 1996.