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 (e.g., frequently)
2 = I do this OK (e.g., occasionally)
1 = I barely or rarely do this
0 = I never do this
? = This never occurred to me

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
_____ Take time to be sexual – with myself, with a partner
_____ Get enough sleep
_____ Wear clothes I like
_____ Take vacations
_____ Other:

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, e.g., go to an art show, sports event, theatre
Be curious
Say no to extra responsibilities sometimes
Other:

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:

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:

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:
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

Overall Balance

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

Other Areas of Self-Care that are Relevant to You

_____ Other