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

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