

## ***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 & dinner)
- \_\_\_\_\_ Eat healthy
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Get regular medical care for prevention
- \_\_\_\_\_ Get medical care when needed
- \_\_\_\_\_ Take time off when needed
- \_\_\_\_\_ Get massages
- \_\_\_\_\_ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- \_\_\_\_\_ Intimacy – with yourself, with a partner
- \_\_\_\_\_ 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 a journal

\_\_\_\_\_ Read literature that is unrelated to work

\_\_\_\_\_ Do something at which you are not 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, & 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, review favorite movies

\_\_\_\_\_ Identify comforting activities, objects, people, relationships, places & seek them out

\_\_\_\_\_ Allow yourself to cry

\_\_\_\_\_ Find things that make you laugh

\_\_\_\_\_ Express your outrage in social action, letters & donations, marches, protests

\_\_\_\_\_ Play with children

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

\_\_\_\_\_ 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 & 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 & notice its place in your life

\_\_\_\_\_ Meditate

\_\_\_\_\_ 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 & rewarding

\_\_\_\_\_ Set limits with your clients & colleagues

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

\_\_\_\_\_ Balance your caseload so that no one day or part of a day is “too much”

\_\_\_\_\_ Arrange your work space so it is comfortable & 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 & work day

\_\_\_\_\_ Strive for balance among work, family, relationships, play & rest

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