**Self-Care Assessment**

**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

**Physical Self-Care**

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

\_\_\_\_ Eat healthily

\_\_\_\_ Exercise or move your body through some activity everyday

\_\_\_\_ Get medical care when needed

\_\_\_\_ Take time off from school/activities when sick

\_\_\_\_ Get enough sleep

\_\_\_\_ Wear clothes I like

\_\_\_\_ Get massages, acupunture, mani/pedi

\_\_\_\_ Other:

**Psychological Self-Care**

\_\_\_\_ Engage in activities that takes your mind of things, e.g., go on walks, funny videos, friends/family

\_\_\_\_ Make time away from phones, email, social media/internet

\_\_\_\_ Listen to my thoughts, beliefs, feelings

\_\_\_\_ Write in a journal

\_\_\_\_ Read books that are unrelated to work

\_\_\_\_ Minimize stressors in my life

\_\_\_\_ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre

\_\_\_\_ 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**

\_\_\_\_ Listen to inspirational talks, music, podcasts or read inspirational books

\_\_\_\_ Spend time in nature

\_\_\_\_ Find a spiritual connection or community

\_\_\_\_ Be aware of non-material aspects of life

\_\_\_\_ Try at times not to be in charge or the expert

\_\_\_\_ Be open to not knowing and inspiration

\_\_\_\_ Contribute to causes I believe in

\_\_\_\_ Identify what is meaningful to me

\_\_\_\_ Meditate and/or reflect

\_\_\_\_ Pray

\_\_\_\_ Sing

\_\_\_\_ Other:

**Relationship Self-Care**

\_\_\_\_ Schedule regular dates with my partner

\_\_\_\_ Schedule regular activities with my children

\_\_\_\_ Spend time with family I enjoy

\_\_\_\_ Call, check on, or see my relatives

\_\_\_\_ Spend time with my animals

\_\_\_\_ Stay in contact with faraway friends

\_\_\_\_ Make time to reply to personal emails, texts, and letters

\_\_\_\_ Enlarge (or decrease) my social circle

\_\_\_\_ Ask for help when I need it

\_\_\_\_ Share a fear, hope, or secret with someone I trust

\_\_\_\_ Other:

**Workplace Self-Care**

\_\_\_\_ Take time to talk with coworkers

\_\_\_\_ Take a break during the workday

 \_\_\_\_ Make quiet time to complete projects

\_\_\_\_ Identify projects or tasks that are exciting and rewarding

\_\_\_\_ Set limits with clients and colleagues

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

\_\_\_\_ Arrange work space so it is quiet and comforting

\_\_\_\_ Get regular supervision or consultation

\_\_\_\_ Negotiate for my needs (benefits/pay)

\_\_\_\_ Have peer support group

\_\_\_\_ Develop a new area of of professional interest

\_\_\_\_ Other

(Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton.