

SELF-ASSESSMENT TOOL: Self-Care

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

5 = Frequently

4 = Occasionally

3 = Sometime

2 = Never

1 = It never occurred to me

Physical Self-Care

- Eat regularly
- Eat healthfully
- Exercise
- 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 (e-mail, phones, tablets)
- Other:

Psychological Self-Care

- Make time for self-reflection
- Go see a therapist/counselor for yourself
- Write in a journal
- Read literature unrelated to work/for pleasure
- Try something new
- Take a step to decrease stress in your life
- Notice your inner-experience (dreams, thoughts, imagery, feelings)
- Let others know different aspects of you
- Engage your intelligence in a new area (ex. go to a museum, performance, sports event, exhibit)
- Practice receiving from other
- Be curious
- Say "no" to extra responsibilities
- Spend time outdoors
- Other:

Emotional Self-Care

- Spent time with others whose company you enjoy
- Stay in contact with important people in your life
- Treat yourself kindly (supportive internal dialogue or self-talk)
- Feel proud of yourself
- Reread favorite books, review favorite movies
- Identify comforting activities, objects, people, relationships, places – and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in a constructive way
- Play with children or animals
- Listen to music
- 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 aspects of life
- Be open to mystery and 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 you've lost
- Nurture others
- Have awe-inspiring experiences
- Contribute to or participate in causes you believe in
- Read inspirational literature

Workplace/Professional Self-Care

- Take time to eat lunch
- Take time to chat with coworkers
- Make time to complete tasks
- Identify projects and tasks that are exciting, growth-promoting, and rewarding for you
- Set limits with colleagues and clients
- Balance caseload/workload so no day feels like “too much”
- Arrange your workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate your needs (benefits, salary)
- Have a peer support group
- Ask for help
- Develop a non-trauma area of professional competence
- Other: