

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 and dinner)
- _____ Eat healthy
- _____ 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
- _____ Take time to be sexual – 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 in 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

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Self-Care Assessment Worksheet (continued)

- _____ Let others know different aspects of you
- _____ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and 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, re-view 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 social action, letters and donations, marches, protests
- _____ Play with children
- _____ 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 and hope
- _____ Be aware of nonmaterial aspects of life

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Self-Care Assessment Worksheet (continued)

- _____ Try at times not to be in charge or the expert
- _____ Be open to not knowing
- _____ Identify what is meaningful to you and notice its place in your life
- _____ Meditate
- _____ Pray
- _____ 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 and rewarding
- _____ Set limits with your clients and colleagues
- _____ Balance your caseload so that no one day or part of a day is “too much”
- _____ Arrange your work space so it is comfortable and 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 and workday
- _____ Strive for balance among work, family, relationships, play and rest

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