

Self Care Assessment

Adapted from
Transforming the Pain: A Workbook on Vicarious Traumatization
By Saakvtine, Pearlman and Staff of TSI/CAAP (1996)

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

___ Exercise

___ Get regular medical care for prevention

___ Get medical care when needed

___ Dance, swim, walk, run, play sports, sing, or something fun

___ Take time to connect—with yourself, with a partner

___ Get enough sleep

___ Wear clothes you like

___ Other:

Psychological Self-Care

- Make time for self-reflection/meditation/prayer
- 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 ^[L]_[SEP]
- Let others know different aspects of you
- Notice your inner experience
- Engage your intelligence in a new area
- Practice receiving from others
- Be curious
- 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
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, people, relationships, places
- Allow yourself to cry
- Find things that make you laugh
- 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
- 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
- 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
- Negotiate for your needs
- Have a peer support group
- Other:

Balance

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play and rest

Food For Thought:

How would you rate your overall self-care?

Which areas need help?

What type of support do you need to add more self-care to your life?