**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
* \_\_\_ 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 in 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?