# 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, acupuncture, 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 professional interest
___ Other

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