



Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

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

? = This never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when sick
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- Take time to be intimate - with myself, with a partner
- Get enough sleep
- Wear clothes I like
- Take vacations (pre-covid)
- Other:

Psychological Self-Care

- Take day trips or mini-vacations (staycations; pre-pandemic trips)
- Make time away from telephones, email, and the Internet
- Make time for self-reflection
- Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- Have my own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which I am not expert or in charge

___ Attend to minimizing stress in my life

___ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre

___ Be curious

___ Say no to extra responsibilities sometimes

___ Other:

Emotional Self-Care

___ Spend time with others whose company I enjoy (whether virtual or in person)

___ 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 (healthy and lawful manner) in social action, letters, donations, marches, protests

___ Other:

Spiritual Self-Care

___ Make time for reflection

___ Spend time in nature

___ Find a spiritual connection or community

___ Be open to inspiration

___ Cherish my optimism and hope

___ Be aware of non-material aspects of life

___ Try at times not to be in charge or the expert

- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks, music
- Other:

Relationship Self-Care

- Schedule regular dates with my partner or spouse
- Schedule regular activities with my children
- Make time to see or talk friends
- Call, check on, or see my relatives
- Spend time with my companion animals
- Stay in contact with faraway friends
- Make time to reply to personal emails and letters; send holiday cards
- Allow others to do things for me
- Enlarge my social circle/support
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- 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 clients and colleagues
- ___ Balance my caseload so that no one day or part of a day is “too much”
- ___ Arrange work space so it is comfortable and comforting (that includes home space)
- ___ Get regular supervision or consultation
- ___ Negotiate for my needs (benefits, pay raise)
- ___ Have a peer support group
- ___ (If relevant) Develop a non-trauma area of professional interest

Overall Balance

- ___ Strive for balance within my work-life and work day
- ___ Strive for balance among work, family, relationships, play, and rest

Other Areas of Self-Care that are Relevant to You

Retrieved from:

http://www.ballarat.edu.au/aasp/student/sds/self_care_assess.shtml

My Maintenance Self-Care Worksheet

Review the Self-Care Assessment that you just completed, which includes what you are doing now for self-care. On this maintenance selfcare

worksheet, list those activities that you engage in regularly (like every day or week) under “current practice” within each domain.

Identify new strategies that you would like to begin to incorporate as part of your ongoing

maintenance self-care— pay particular attention

to domains that you have not been addressing in the past. On the last page identify barriers that might interfere with ongoing self-care,

how you will address them, and any negative coping strategies you would like to target for change and how you will change them.

MIND

Current practice

New practice

BODY

Current practice

New practice

EMOTIONS

Current practice

New practice

SPIRIT

Current practice

New practice

WORK

Current practice

New practice

RELATIONSHIPS

Current practice

New practice

OTHER: .

Current practice

New practice

Barriers to maintaining my self-care strategies

How I will address these barriers and remind myself to practice self-care

Negative coping strategies

I would like to use less or not at all

What I will do instead

(materials collected from Sandra A. Lopez, LCSW, ACSW, University of Houston, Graduate School of Social Work)

Vicarious Trauma Resources

The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization (Psychosocial Stress Series) 1st Edition by Françoise Mathieu

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