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 sexual - with myself, with a partner
___ Get enough sleep
___ Wear clothes I like
___ Take vacations
___ Other:

Psychological Self-Care

___ Take day trips or mini-vacations
___ 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
___ 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**

___ 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 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
___ 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
____ 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

____
____
____