

SELF-CARE ASSESSMENT WORKSHEET

This assessment tool provides an overview of effective strategies to maintain self-care. 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 healthily | ☐ |
| Exercise | ☐ |
| Get regular medical care for prevention | ☐ |
| Get medical care when needed | ☐ |
| Take time off when needed | ☐ |
| Get massages | ☐ |
| Physical activity that is FUN: dance, swim, walk, run, play sports, sing | ☐ |
| Take time to be sexual- with yourself, with a partner | ☐ |
| Get enough sleep | ☐ |
| Wear clothes you like | ☐ |
| Take holidays | ☐ |
| Make time away from telephones | ☐ |
| Other | |

Psychological Self-Care:

- | | |
|--|--------------------------|
| Make time for reflection | ☐ |
| 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 – listen to your thoughts, judgements, beliefs, attitudes and feelings | ☐ |
| Engage your intelligence in a new area; e.g. go to an Art Gallery, a history exhibit, sports event, auction, theatre performance | ☐ |
| Practice receiving from others | ☐ |
| Be curious | ☐ |
| Say 'No' to extra responsibilities sometimes | ☐ |
| 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 ☐
- Love yourself ☐
- Re-read favourite books ☐
- Identify comforting activities, objects, people, relationships, places and seek them out ☐
- Allow yourself to cry ☐
- Find things that make you laugh ☐
- Express your outrage in social action, letters, donations, marches, protests
- Play with children ☐
- 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 non-material aspects of your life ☐
- Try at times not to be in charge or expert ☐
- Be open to now knowing ☐
- Identify what is meaningful to you and notice its place in your life ☐
- Meditate ☐
- Pray ☐
- Sing ☐
- Spend time with children ☐
- 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 working day (e.g. lunch) ☐
- Take time to chat with co-workers ☐
- Make quiet time to complete tasks ☐

Workplace or Professional Self-Care (cont)

- Identify projects or tasks that are exciting and rewarding ☐
- Set limits with your clients and colleagues ☐
- Balance your caseload so that no one day or part of a day is 'too much' ☐
- Arrange your work space so it is comfortable and comforting ☐
- Get regular supervision or consultation ☐
- Negotiate for your needs (benefits, pay rise) ☐
- Have a peer support group ☐
- Other ☐

Balance:

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

After completing the full assessment, choose one item from each area that you will actively work to improve. Return every two months and select new areas to focus on.

Adapted from Saakvitne & Pearlman + TSI Staff

“Transforming the Pain: A workbook on vicarious traumatisation”