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? Do you tend to ignore others? Are there items on the list that hadn’t even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

Rate the following areas according to how well you think you are doing...

3 = I do this well (e.g., frequently) 0 = I never do this
2 = I do this OK (e.g., occasionally) ? = This never occurred to me
1 = I barely or rarely do this

Physical Self-Care

_____ Eat regularly (breakfast, lunch, and dinner)  
_____ Get regular medical care for prevention  
_____ Get medical care when needed  
_____ Take time off when sick  
_____ Wear clothes I like  
_____ Do some fun physical activity  
_____ Think positive thoughts about my body  
_____ Exercise  
_____ Eat healthily  
_____ Get massages  
_____ Take vacations  
_____ Get enough sleep  
_____ Do some fun artistic activity  
_____ (Other) ___________________

Psychological Self-Care

_____ Take day trips or mini-vacations  
_____ Have my own personal psychotherapy  
_____ Make time away from technology/internet  
_____ Read something unrelated to work  
_____ Notice my thoughts, beliefs, attitudes, feelings  
_____ Engage my intelligence in a new way or area  
_____ Do something at which I am not expert  
_____ Make time for self-reflection  
_____ Write in a journal  
_____ Attend to minimizing life stress  
_____ Be curious  
_____ Say no to extra responsibilities  
_____ Be okay leaving work at work  
_____ (Other) ___________________

Emotional Self-Care

_____ Spend time with people whose company I enjoy  
_____ Stay in contact with important people in my life  
_____ Re-read favorite books, re-view favorite movies  
_____ Identify and seek out comforting activities/places  
_____ Express my outrage in social action or discussion  
_____ Love myself  
_____ Allow myself to cry  
_____ Give myself affirmation/praise  
_____ Find things that make me laugh  
_____ (Other) ___________________
Spiritual Self-Care

- Make time for reflection
- 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
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational
- (Other) ___________________

- Spend time in nature
- Be open to inspiration
- Cherish my optimism and hope
- Be open to knowing
- Meditate
- Find time for prayer or praise
- Have experiences of awe
- (Other) ___________________

Relationship Self-Care

- Schedule regular dates with my partner
- Make time to be with friends
- Call, check on, or see my relatives
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Communicate with my family
- Stay in contact with faraway friends
- Enlarge my social circle
- Make time for personal correspondence
- Spend time with animals
- (Other) ___________________

- Allow others to do things for me
- (Other) ___________________

Workplace or Professional Self-Care

- Take time to chat with coworkers
- Make quiet time to work
- Identify projects/tasks that are exciting
- Balance my load so that nothing is “way too much”
- Arrange work space to be comfortable
- Have a peer support group
- Get regular supervision or consultation
- Identify rewarding tasks
- (Other) ___________________

- Make time to be with coworkers
- Ask for help when I need it
- Communicate with my family
- Set limits with my boss/peers
- Balance my load so that nothing is “way too much”
- Have a peer support group
- Identify rewarding tasks
- (Other) ___________________

Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) ___________________
- (Other) ___________________
- (Other) ___________________

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the Pain: A Workbook on Vicarious Traumatization. Norton. Adapted by Lisa D. Butler, PhD.