

## Self-Care Assessment

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

When you're 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 and your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more of in your life.

Rate the following areas according to how well you think you're doing:

3 = I do this well (frequently)

2 = I do this OK (occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

### Physical Self-Care

\_\_\_\_\_ Eat regularly (breakfast, lunch, and dinner)

\_\_\_\_\_ Eat healthfully

\_\_\_\_\_ Exercise (ride a bike, go for a swim, go for a walk/hike)

\_\_\_\_\_ Get regular medical/health care for prevention

\_\_\_\_\_ Get time off from work or home duties when sick

\_\_\_\_\_ Get massages

\_\_\_\_\_ Get a haircut

\_\_\_\_\_ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity

\_\_\_\_\_ Take time to be sexual (with myself or with a partner)

\_\_\_\_\_ Get enough sleep or take naps

\_\_\_\_\_ Wear clothes I like

\_\_\_\_\_ Take a bath or shower

\_\_\_\_\_ Other:

## **Psychological Self-Care**

- \_\_\_\_\_ Take day trips or mini-vacations
- \_\_\_\_\_ Make time away from telephones, e-mail, and the Internet
- \_\_\_\_\_ Make time for self-reflection
- \_\_\_\_\_ Notice my inner experience (listen to my thoughts, beliefs, attitudes, feelings)
- \_\_\_\_\_ Write in a journal
- \_\_\_\_\_ Read a book that is unrelated to work
- \_\_\_\_\_ Do something at which I'm not an expert or in charge
- \_\_\_\_\_ Minimize stress in my life
- \_\_\_\_\_ Engage my intelligence in a new area (go to an art show, learn a new skill)
- \_\_\_\_\_ Turn on some music and dance
- \_\_\_\_\_ Draw or paint a picture
- \_\_\_\_\_ Be curious
- \_\_\_\_\_ 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
- \_\_\_\_\_ Write things you like about yourself on paper
- \_\_\_\_\_ Make a list of 10 things you're good at and keep it with you to read when you're feeling upset

- \_\_\_\_\_ Re-read favourite books or re-watch favourite 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, marches, protests
- \_\_\_\_\_ Other:

### **Spiritual Self-Care**

- \_\_\_\_\_ Make time for reflection
- \_\_\_\_\_ Spend time outside and watch the birds/animals
- \_\_\_\_\_ Find a spiritual connection or community
- \_\_\_\_\_ Be open to inspiration
- \_\_\_\_\_ Cherish my optimism and hope
- \_\_\_\_\_ Be aware of the non-material (not money or objects) 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/reflect
- \_\_\_\_\_ Pray
- \_\_\_\_\_ Sing
- \_\_\_\_\_ Have experiences of awe
- \_\_\_\_\_ Read inspirational literature or listen to inspirational podcasts/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 e-mails; 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
- \_\_\_\_\_ Write a letter to someone who has made your life better and tell them why (you don't have to send it if you don't want to)
- \_\_\_\_\_ 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 or rewarding
- \_\_\_\_\_ Set limits with clients and colleagues
- \_\_\_\_\_ Balance my workload so that no one day or part of a day is "too much"
- \_\_\_\_\_ Arrange my 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
- \_\_\_\_\_ For practitioners: Develop a non-trauma area of professional interests
- \_\_\_\_\_ Other:

**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**

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Original source: *Transforming the Pain: A Workbook on Vicarious Traumatization* (Norton, 1996), and adapted by Lisa D. Butler into this format; with additions from *The Dialectical Behaviour Therapy Workbook* (2007)