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

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

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

_____ Exercise
_____ Eat healthily
_____ Get massages
_____ Take vacations
_____ Get enough sleep
_____ Do some fun artistic activity
_____ (Other) ___________________

_____ 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) ___________________
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  

____ 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  
____ Call, check on, or see my relatives  
____ Share a fear, hope, or secret with someone I trust  
____ Stay in contact with faraway friends  
____ Make time for personal correspondence  
____ Allow others to do things for me  

____ Make time to be with friends  
____ Ask for help when I need it  
____ Communicate with my family  
____ Enlarge my social circle  
____ Spend time with animals  
____ (Other) ___________________

Workplace or Professional Self-Care

____ Take time to chat with coworkers  
____ Identify projects/tasks that are exciting  
____ Balance my load so that nothing is “way too much”  
____ Arrange work space to be comfortable  
____ Get regular supervision or consultation  
____ Negotiate/advocate for my needs  

____ Make quiet time to work  
____ Take a break during the day  
____ Set limits with my boss/peers  
____ 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.