

## SELF-CARE ASSESSMENT TOOL

The Self-Care Assessment Tool can be used to help you identify strategies for self-care.<sup>1</sup> **Part 1:** Reflect on each of the items below to determine how many self-care strategies apply to your life. To complete the Self-Care Assessment Tool, place the number beside each item that most closely reflects your current lifestyle:

**1 = Never or Almost Never**

**2 = Sometimes**

**3 = Frequently**

### Physical Self-Care

1. Eat regularly (e.g. breakfast & lunch)	
2. Eat a well balanced, healthy diet	
3. Exercise at home or go to the gym	
4. Get regular medical care for prevention of health problems	
5. Get medical care when needed	
6. Take time off when you're sick	
7. Get massages to help reduce muscle tension	
8. Do physical activity that is fun for you	
9. Take time to be sexually intimate	
10. Get enough sleep	
11. Wear clothes you like	
12. Take vacations	
13. Take day trips, or mini-vacations	
14. Get away from stressful technology (e.g. pagers, faxes, telephones, e-mail)	

### Psychological Self-Care

1. Make time for self-reflection (e.g., journaling)	
2. Go to see a psychotherapist or counselor for yourself	
3. Read literature unrelated to work	

<sup>1</sup> Adapted from Saddvitne & Pearlman & TSI Staff. *Transforming the Pain: A Workbook on Vicarious Traumatization*, 1996.

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| 4. Do something at which you are a beginner                                      |  |
| 5. Take a step to decrease stress in your life (e.g. delegate)                   |  |
| 6. Notice your inner experience – your dreams, thoughts, feelings                |  |
| 7. Let others know different aspects of you                                      |  |
| 8. Engage your intelligence in a new area, cultural activity, sports event, etc. |  |
| 9. Say no to extra responsibilities sometimes                                    |  |
| 10. Spend time outdoors  |  |

### Emotional Self-Care

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| 1. Spend time with others whose company you enjoy  |  |
| 2. Stay in contact with important people in your life  |  |
| 3. Treat yourself kindly (supportive inner dialogue or self-talk)                            |  |
| 4. Feel proud of yourself  |  |
| 5. Reread favourite books, re-view favourite movies  |  |
| 6. Identify comforting activities, objects, people, relationships, places, and seek them out |  |
| 7. Allow yourself to cry   |  |
| 8. Find things that make you laugh   |  |
| 9. Express your outrage in a constructive way  |  |
| 10. Play with children   |  |

### Spiritual Self-Care

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| 1. Make time for prayer, meditation, reflection             |  |
| 2. Spend time in nature                                     |  |
| 3. Participate in a spiritual gathering, community or group |  |
| 4. Cherish your optimism and hope                           |  |
| 5. Be open to mystery, not knowing                          |  |

<b>SELF-CARE ASSESSMENT TOOL</b>	
6. Identify what is meaningful to you and notice its place in your life	
7. Sing	
8. Express gratitude	
9. Celebrate milestones with rituals that are meaningful to you	
10. Remember and memorialize loved ones who are deceased	
11. Nurture others	
12. Contribute to, or participate in, causes you believe in	
13. Read inspirational literature	
14. Listen to inspiring music	
<b>Workplace / Professional Self-Care</b>	
1. Take time to eat lunch	
2. Take time to chat with co-workers	
3. Make time to complete tasks	
4. Identify tasks that are exciting and rewarding and promote growth	
5. Set limits with clients and colleagues	
6. Balance your work so no one day is "too much"	
7. Arrange your workplace so it is comfortable and comforting	
8. Get regular supervision and consultation	
9. Negotiate for your needs	
10. Have a peer support group	

**Part 2:** Reflect on the items that you rated as a **THREE**. Circle the three activities you find most helpful, enjoyable, or meaningful. Then, reflect on the items that you rated as a **ONE**. Place a checkmark by three items that you would like to do more as a way of improving your self-care.