Self-Care Assessment


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

3 = I do this well (e.g., frequently)
2 = I do this OK (e.g., occasionally)
1 = I barely or rarely do this
0 = I never do this
? = This 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 sick
___ Get massages
___ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
___ Take time to be sexual - with myself, with a partner
___ Get enough sleep
___ Wear clothes I like
___ Take vacations
___ Other:

Psychological Self-Care

___ Take day trips or mini-vacations
___ Make time away from telephones, email, and the Internet
___ Make time for self-reflection
___ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
___ Have my own personal psychotherapy
___ Write in a journal
___ Read literature that is unrelated to work
___ Do something at which I am not expert or in charge
___ Attend to minimizing stress in my life
___ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
___ Be curious
___ Say no to extra responsibilities sometimes
___ 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
___ Re-read favorite books, re-view favorite 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, donations, marches, protests
--- Other:

**Spiritual Self-Care**
--- Make time for reflection
--- Spend time in nature
--- Find a spiritual connection or community
--- Be open to inspiration
--- Cherish my optimism and hope
--- Be aware of non-material 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
--- Pray
--- Sing
--- Have experiences of awe
--- Contribute to causes in which I believe
--- Read inspirational literature or listen to inspirational talks, 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 emails and letters; 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
--- 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 and rewarding
--- Set limits with clients and colleagues
--- Balance my caseload so that no one day or part of a day is “too much”
--- Arrange 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
--- (If relevant) Develop a non-trauma area of professional interest

**Overall Balance**
--- Strive for balance within my work-life and work day
--- Strive for balance among work, family, relationships, play, and rest