Self-Care Assessment

Rate the following areas in frequency:

5 = frequently, 4 = occasionally, 3 = rarely, 2 = never, and 1 = it never occurred to me.

### Physical Self-Care
- ___ Eat regularly (e.g. breakfast, lunch and dinner)
- ___ Eat healthily
- ___ Exercise - dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- ___ Get regular medical care for prevention
- ___ Get medical care when needed
- ___ Take time off when sick
- ___ Get massages
- ___ Breathe deeply and stretch regularly
- ___ Spend time in nature with yourself or a friend
- ___ Get enough sleep
- ___ Wear clothes and shoes that fit well and which you like
- ___ Take vacations, day-trips and/or “stay-cations”
- ___ Make time away from phones, computers, technology

### Psychological Self-Care
- ___ Practice observing people and events without judging
- ___ Have your own personal psychotherapy, coaching or mentoring
- ___ Develop self-awareness through personality and work styles inventories, mentoring, feedback and/or reflection
- ___ Write in a journal
- ___ Read literature that is unrelated to work
- ___ Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes, feelings and dreams
- ___ Let others know different aspects of you

### Emotional Self-Care
- ___ Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theater performance)
- ___ Practice receiving from others
- ___ Be curious
- ___ Say no to extra responsibilities sometimes (or often)

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### Emotional Self-Care
- ___ Spend time with others whose company you enjoy
- ___ Stay in contact with important people in your life
- ___ Connect with positive people and/or spend time with pets and/or children
- ___ Limit or avoid time with negative people
- ___ Love yourself
- ___ Re-read your favorite books, review favorite movies
- ___ Identify comforting activities, objects, people, relationships, places, and seek them out
- ___ Allow yourself to cry
- ___ Talk through challenging issues with trusted friends
- ___ Find things that make you laugh
- ___ Express your outrage in social action, letters, donations and/or advocacy
- ___ Forgive yourself and others
- ___ Release your shortcomings and unrealistic expectations of self and others
- ___ Affirm your abilities and positive attributes
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<table>
<thead>
<tr>
<th>Spiritual Self Care</th>
<th>Workplace or Professional Self-Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make time for reflection</td>
<td>Take breaks during the workday (e.g. lunch, stretch)</td>
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<tr>
<td>Be open to inspiration</td>
<td>Take time to connect with co-workers and/or peers</td>
</tr>
<tr>
<td>Find a spiritual connection or community</td>
<td>Schedule quiet time to complete tasks</td>
</tr>
<tr>
<td>Spend time in nature</td>
<td>Identify projects or tasks that are exciting and rewarding</td>
</tr>
<tr>
<td>Cherish your optimism and hope</td>
<td>Set limits and boundaries with clients and colleagues</td>
</tr>
<tr>
<td>Be aware of non-material aspects of life</td>
<td>Balance your caseload so no one day or part of a day is “too much”</td>
</tr>
<tr>
<td>Try at times not to be in charge or the expert</td>
<td>Arrange your work space so it is comfortable and comforting</td>
</tr>
<tr>
<td>Be open to not knowing</td>
<td>Get regular supervision, mentoring or consultation</td>
</tr>
<tr>
<td>Identify what is meaningful and its place in your life</td>
<td>Negotiate for your needs (benefits, pay raise)</td>
</tr>
<tr>
<td>Pray, meditate and/or spend time in silence</td>
<td>Have a peer support group</td>
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<tr>
<td>Keep a gratitude journal</td>
<td>Pursue areas of professional interest or development which may not relate to your current work</td>
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<tr>
<td>Sing or listen to inspirational music</td>
<td></td>
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<tr>
<td>Have experiences of awe</td>
<td></td>
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<tr>
<td>Contribute to causes in which you believe</td>
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<tr>
<td>Read inspirational literature</td>
<td></td>
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<tr>
<td>Reflect on your life’s journey and recurring themes</td>
<td></td>
</tr>
</tbody>
</table>

### Balance

- Consider ways to balance work, family, relationships, play and rest
- Assess whether your life reflects your stated values by reviewing how you spend your time, talents and treasure

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This self-care assessment scale is based on one created by Saakvitne and Pearlman from the Traumatic Stress Institute. It is designed as a tool to measure how well you are addressing your own needs. It is useful to revisit this assessment regularly. NEW Partnership for Children and Families & Behavioral Health Training Partnership - University of Wisconsin – Green Bay Secondary Traumatic Stress: Building Resilience in Staff.