

# Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It never occurred to me

## Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Do some physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini vacations
- Make time away from telephones
- Other:

## Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience
- Engage your intelligence in a new area
- Practice receiving from others
- Be curious
- Say “no” to extra responsibilities sometimes
- Other:



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## Emotional Self-Care

Spend time with others whose company you enjoy  
Stay in contact with important people in your life  
Give yourself affirmations, praise yourself  
Love yourself  
Re-read favorite books, re-view favorite movies  
Identify comforting activities, objects, people, relationships, places & seek them out  
Allow yourself to cry  
Find things that make you laugh  
Express your outrage in social action, letters and donations, marches  
Play with children  
Other:

## Spiritual Self-Care

Make time for reflection  
Spend time with nature  
Find a spiritual connection or community  
Be open to inspiration  
Cherish your optimism and hope  
Be aware of nonmaterial aspects of life  
Try at times not to be in charge or the expert  
Be open to not knowing  
Identify what is meaningful to you and notice its place in your life  
Meditate  
Pray  
Sing  
Spend time with children  
Have experiences of awe  
Contribute to causes in which you believe  
Read inspirational literature (talks, music, etc.)  
Other:



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## 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 your clients and colleagues
- Balance your caseload so that no one day or part of a day is “too much”
- Arrange your workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

## Balance

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play and rest
- Other: