***Self-Care Assessment Worksheet***

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

Check what you already do.

Draw a circle for what you wish you did more often, or what's a new idea for you and you'd like to do.

**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

\_\_\_  Dance, swim, walk, run, play sports, sing, or do some other 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—listen to your thoughts, judgments, beliefs, attitudes, and

feelings

\_\_\_  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

\_\_\_  Other:

**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

**Emotional Self-Care** (continued)

\_\_\_  Identify comforting activities, objects, people, relationships, places and seek them out

\_\_\_  Allow yourself to cry

\_\_\_  Find things that make you laugh

\_\_\_  Express your outrage in social action, letters and donations, marches, protests

\_\_\_  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 in 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:

**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 work space 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