

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

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

Psychological Self-Care

- 5 Make time for self-reflection
- 4 Have your own personal psychotherapy
- 3 Write in a journal
- 2 Read literature that is unrelated to work
- 4 Do something at which you are not expert or in charge
- 4 Decrease stress in your life

- 4 Let others know different aspects of you
- 5 Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- 3 Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- 4 Practice receiving from others
- 5 Be curious
- 4 Say “no” to extra responsibilities sometimes
- Other:

Emotional Self-Care

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

Spiritual Self-Care

- 4 Make time for reflection
- 3 Spend time with nature
- 2 Find a spiritual connection or community
- 4 Be open to inspiration
- 5 Cherish your optimism and hope
- 5 Be aware of nonmaterial aspects of life
- 5 Try at times not to be in charge or the expert
- 4 Be open to not knowing

- 4 Identify what is meaningful to you and notice its place in your life
- 2 Meditate
- 3 Pray
- 5 Sing
- 4 Spend time with children
- 5 Have experiences of awe
- 4 Contribute to causes in which you believe
- 3 Read inspirational literature (talks, music, etc.)
- ___ Other:

Workplace or Professional Self-Care

- 4 Take a break during the workday (e.g. lunch)
- 5 Take time to chat with co-workers
- 5 Make quiet time to complete tasks
- 5 Identify projects or tasks that are exciting and rewarding
- 5 Set limits with your clients and colleagues
- 5 Balance your caseload so that no one day or part of a day is “too much”
- 5 Arrange your work space so it is comfortable and comforting
- 5 Get regular supervision or consultation
- 4 Negotiate for your needs (benefits, pay raise)
- 4 Have a peer support group
- 4 Develop a non-trauma area of professional interest
- ___ Other:

Balance

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