



SELF-CARE ASSESSMENT WORKSHEET

This assessment tool provides an overview of effective strategies to maintain self-care. Please complete the full assessment. You will choose an item that you would like to improve throughout the year, this will become your Renewal Goal.

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

	Frequently	Occasionally	Rarely	Never	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					
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:					

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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 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 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:					
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					

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