

Self-Care Assessment

This is a great starting point if you are unsure of where to begin. 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. The following assessment is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you.

Rate the following areas according to how well you think you are doing:

3 = I do this well (frequently)

2 = I do this OK (occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me.

Physical Self-Care

Eat regularly (e.g. breakfast, lunch, and dinner)

Eat balanced meals

Exercise

Get regular medical care for prevention

Get medical care when needed

Take time off when sick

Dance, swim, walk, run, play sports, sing, or do some other fun physical activity

Take time to be sexual - with myself, with a partner

Get 7-9 hours of sleep each day

Get consistent sleep

Wear clean clothes

Shower regularly

Other:

Psychological Self-Care

Make time away from telephones, email, and the Internet

Make time for self-reflection

Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings

Write in a journal

Practice gratitude towards others

Read literature that is unrelated to class or work

Do something at which I am not expert or in charge

Attend to minimizing stress in my life

Engage my intelligence in a new area (go to an art show, sports event, theatre, etc.)

Say no to extra responsibilities sometimes

Other:

Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish my optimism and hope
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Sing
- Have experiences of awe
- Read inspirational literature or listen to inspirational talks, music
- Other:

Emotional Self-Care

- Spend time with others whose company I enjoy
- Stay in contact with important people in my life
- Give myself affirmations, praise myself
- Practice loving myself and forgiving myself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to feel difficult emotions
- Find things that make me laugh
- Express my emotion in social action, letters, donations, marches, protests
- Have a peer support network
- Be open to not knowing
- 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 clients and colleagues
- Balance my caseload so that no one day or part of a day is “too much”
- Arrange workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits, pay raise)
- Try at times not to be in charge or the expert
- Other:

Relationship Self-Care

- Schedule regular dates with my partner or spouse
- Schedule regular activities with my family
- Make time to see friends
- Build boundaries with others
- Allows others to help me when I need it
- Call, check on, or see my relatives
- Spend time with my companion animals
- Stay in contact with faraway friends
- Make time to reply to personal emails and letters; send holiday cards
- Allow others to do things for me
- Ask for help from support network when I need it
- Share a fear, hope, or secret with someone I trust
- Other:

Overall Balance

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

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996), modified by Jenny Ortiz (2018).

Is your lifestyle causing you stress?

The way you live your life can have a big impact on your health, well-being, and how well or poorly you handle stress. Below are lifestyle behaviors that affect stress levels. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you take care of yourself can help you manage your stress in the future.

Lifestyle Behaviors					
When you are under stress, do you:	Yes	No	When you are under stress, do you:	Yes	No
Smoke/use tobacco	<input type="checkbox"/>	<input type="checkbox"/>	Engage in physical activity at least three times a week for 30 minutes each day	<input type="checkbox"/>	<input type="checkbox"/>
Drink a lot of coffee or caffeinated drinks (more than 2-3 cups per day)	<input type="checkbox"/>	<input type="checkbox"/>	Get six to eight hours of sleep every night	<input type="checkbox"/>	<input type="checkbox"/>
Drink alcohol (more than recommended levels of 1-2 per day)	<input type="checkbox"/>	<input type="checkbox"/>	Maintain good eating habits	<input type="checkbox"/>	<input type="checkbox"/>
Overuse over-the-counter medications	<input type="checkbox"/>	<input type="checkbox"/>	Make time to relax	<input type="checkbox"/>	<input type="checkbox"/>
Overeat or under eat	<input type="checkbox"/>	<input type="checkbox"/>	Maintain a sense of humor	<input type="checkbox"/>	<input type="checkbox"/>
Spend too much money (e.g., do you have a lot of credit card debt and have trouble making payments?)	<input type="checkbox"/>	<input type="checkbox"/>	Play	<input type="checkbox"/>	<input type="checkbox"/>
Abuse/overuse tranquilizers or other over-the-counter medications	<input type="checkbox"/>	<input type="checkbox"/>	Maintain healthy rituals and routines	<input type="checkbox"/>	<input type="checkbox"/>
Watch too much television (more than 3-4 hours per day)	<input type="checkbox"/>	<input type="checkbox"/>	Be optimistic. Engage in positive thinking	<input type="checkbox"/>	<input type="checkbox"/>
Have angry outbursts	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with family	<input type="checkbox"/>	<input type="checkbox"/>
Take illegal drugs	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with friends	<input type="checkbox"/>	<input type="checkbox"/>
Withdraw from people	<input type="checkbox"/>	<input type="checkbox"/>	Make plans for the future	<input type="checkbox"/>	<input type="checkbox"/>
Ignore or deny stress symptoms	<input type="checkbox"/>	<input type="checkbox"/>	Figure out ways to manage stress	<input type="checkbox"/>	<input type="checkbox"/>
Engage in self-destructive relationships	<input type="checkbox"/>	<input type="checkbox"/>	Reward yourself for your accomplishments	<input type="checkbox"/>	<input type="checkbox"/>
These are negative self-care behaviors.			These are positive self-care behaviors.		

