**Self-Care Assessment**

Adapted from Saakvitne, Pearlman et al (1996), *Transforming the pain: A workbook on vicarious traumatization*. Norton

Take a look at the following self-care list and rate the following areas according to how well you think you are currently doing:

3 = I do this well (e.g. frequently)

2 = I do this OK (e.g. 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 healthily

\_\_\_\_\_ Exercise

\_\_\_\_\_ Get regular medical care for prevention

\_\_\_\_\_ Get medical care when needed

\_\_\_\_\_ Take time off when sick

\_\_\_\_\_ Get massages

\_\_\_\_\_ Dance, swim, walk, run, play sports, sing, or do some fun activity

\_\_\_\_\_ Take time to be sexual – with myself, with a partner

\_\_\_\_\_ Get enough sleep

\_\_\_\_\_ Wear clothes I like

\_\_\_\_\_ Take vacations

\_\_\_\_\_ Other:

**Psychological Self-Care**

\_\_\_\_\_ Take day trips or mini-vacations

\_\_\_\_\_ 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

\_\_\_\_\_ Have my own personal psychotherapy

\_\_\_\_\_ Write in a journal

\_\_\_\_\_ Read literature that is unrelated to work

\_\_\_\_\_ Do something at which I am not an expert or in charge

\_\_\_\_\_ Attend to minimising stress in my life

\_\_\_\_\_ Engage my intelligence in a new area e.g. to go an art show, sports event, theatre

\_\_\_\_\_ Be curious

\_\_\_\_\_ Say no to extra responsibilities sometimes

\_\_\_\_\_ 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

\_\_\_\_\_ Love myself

\_\_\_\_\_ Re-read favourite books, re-view favourite movies

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

\_\_\_\_\_ Allow myself to cry

\_\_\_\_\_ Find things that make me laugh

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

\_\_\_\_\_ 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

\_\_\_\_\_ Be open to not knowing

\_\_\_\_\_ Identify what is meaningful to me and notice its place in my life

\_\_\_\_\_ Meditate

\_\_\_\_\_ Pray

\_\_\_\_\_ Sing

\_\_\_\_\_ Have experiences of awe

\_\_\_\_\_ Contribute to causes in which I believe

\_\_\_\_\_ Read inspirational literature or listen to inspirational talks, music

\_\_\_\_\_ Other:

**Relationship Self-Care**

\_\_\_\_\_ Schedule regular dates with my partner or spouse

\_\_\_\_\_ Schedule regular activities with my children

\_\_\_\_\_ Make time to see friends

\_\_\_\_\_ Call, check in with or see relatives

\_\_\_\_\_ Spend time with my companion animals

\_\_\_\_\_ Stay in contact with faraway friends

\_\_\_\_\_ Make time to reply to personal emails and letters; send cards

\_\_\_\_\_ Allow others to do things for me

\_\_\_\_\_ Enlarge my social circle

\_\_\_\_\_ Ask for help when I need it

\_\_\_\_\_ Share a fear, hope or secret with someone I trust

\_\_\_\_\_ 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 work space so it is comfortable and comforting

\_\_\_\_\_ Get regular supervision or consultation

\_\_\_\_\_ Negotiate for my needs (benefits, pay raise)

\_\_\_\_\_ Have a peer support group

\_\_\_\_\_ Develop a non-trauma area of professional interest

**Overall Balance**

\_\_\_\_\_ Strive for balance within my work-life and work-day

\_\_\_\_\_ Strive for balance among work, family, relationships, play and rest