

Self-Care Assessment Tool

Rate yourself, using the numerical scale below, to fill in the empty boxes:

5 = Frequently, 4 = Occasionally, 3 = Sometimes, 2 = Never, 1 = It never even occurred to me
How often do you do the following activities?

Physical Self-Care

- _____ Eat regularly (that is, breakfast, lunch, and dinner)
- _____ Eat healthfully
- _____ Exercise or go to the gym
- _____ Lift weights
- _____ Practice martial arts
- _____ Get regular medical care for prevention
- _____ Get medical care when needed
- _____ Take time off when you're sick
- _____ Get massages or other body work
- _____ Do physical activity that is fun for you
- _____ Take time to be sexual
- _____ Get enough sleep
- _____ Wear clothes you like
- _____ Take vacations
- _____ Take day trips or mini-vacations
- _____ Get away from stressful technology such as pagers, faxes, telephones, and e mail
- _____ Other: _____

Psychological Self-Care

- _____ Make time for self-reflection
- _____ Go to see a psychotherapist or counselor
- _____ Write in a journal
- _____ Read literature unrelated to work
- _____ Do something at which you are a beginner
- _____ Take a step to decrease stress in your life
- _____ Notice your inner experience – your dreams, thoughts, imagery, and feelings
- _____ Let others know different aspects of you
- _____ Engage your intelligence in a new area – go to an art museum, performance, sports event, exhibit, or other cultural event
- _____ Practice receiving from others
- _____ Spend time outdoors
- _____ Other: _____

Emotional Self-Care

- ☐ Spend time with others whose company you enjoy
- ☐ Stay in contact with important people in your life
- ☐ Treat yourself kindly (for example, by using supportive inner dialogue or self talk)
- ☐ Feel proud of yourself
- ☐ Reread favorite books and see favorite movies again
- ☐ Identify comforting activities, objects, people, relationships, and places, and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in a constructive way
- ☐ Play with children
- ☐ Other: _____

Spiritual Self-Care

- ☐ Make time for prayer, meditation, and reflection
- ☐ Spend time in nature
- ☐ Participate in a spiritual gathering, community, or group
- ☐ Be open to inspiration
- ☐ Cherish your optimism and hope
- ☐ Be aware of intangible (nonmaterial) aspects of life
- ☐ Be open to mystery and not-knowing
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Sing
- ☐ Express gratitude
- ☐ Celebrate milestones with rituals that are meaningful to you
- ☐ Remember and memorialize loved ones who are dead
- ☐ Nurture others
- ☐ Have awe ful experiences
- ☐ Contribute to or participate in the causes you believe in
- ☐ Read inspirational literature
- ☐ Listen to inspiring music
- ☐ Other: _____

Workplace/Professional Self-Care

- ☐ Take time to eat lunch with co-workers
- ☐ Take time to chat with coworkers
- ☐ Make time to complete tasks
- ☐ Identify projects or tasks that are exciting, growth promoting, and rewarding for you
- ☐ Set limits with clients and colleagues
- ☐ Balance your caseload so that no particular day is 'too much!'
- ☐ Arrange your workspace to make it comfortable and comforting
- ☐ Get regular supervision or consultation
- ☐ Negotiate for your needs, such as benefits and pay raises
- ☐ Have a peer support group
- ☐ Other: _____