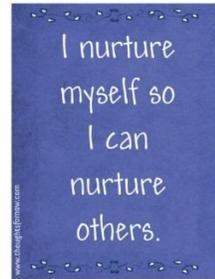


SELF-CARE ASSESSMENT

Understand Your Needs and Ensure Appropriate Plans
for Meeting Them



Managing stress effectively requires a good self-care plan. Your plan can help you achieve the quality of life and work/life balance that you desire, if it is based on self-awareness and an honest assessment of what you're doing well and where there are opportunities for growth. The following worksheet for assessing self-care is offered as a modifiable template. Add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care, but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life. Then develop a plan that addresses your identified needs.

Rate the following areas according to how well you think you are 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 other fun physical 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 for self-reflection

Write in a journal

Make time away from telephones, email, and the Internet

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

Get counseling/therapy when I could benefit from objective insight

Contact the EAP for additional support

Read literature that is unrelated to 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, e.g., go to 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 favorite books, re-view favorite 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 or time with supportive friends
- Schedule regular activities with my children
- Make time to see friends
- 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
- 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
- ___ Arrange work space so it is comfortable and comforting
- ___ Balance my workload so that no one day or part of a day is “too much”
- ___ ___ Get regular supervision or consultation
- ___ Negotiate for my needs (benefits, pay raise)
- ___ Have a peer support group
- ___ (If relevant) Develop a non-trauma area of professional interest

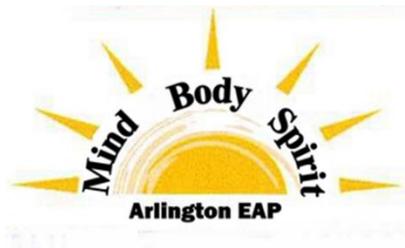
Overall Balance

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

Other Areas of Self-Care that are Relevant to You

- ___
- ___
- ___

http://www.ballarat.edu.au/aasp/student/sds/self_care_assess.shtml (Adapted by Lisa D. Butler, Ph.D. from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton.



2847 Wilson Blvd.
Arlington, VA 22201
703-228-8720
<https://eap/apsva.us>