



## Self-Care Worksheet

The following worksheet for assessing self-care is not exhaustive, merely suggestive. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care, but ignore others? Listen to your internal dialogue about self-care. What do you want to include more in your life?

**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 medical care when needed
- Take time off when sick
- Dance, swim, walk, run, play sports, or do some other fun physical activity
- Take time to be sexual - with myself, with a partner
- Get enough sleep
- Wear clothes I like

### **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
- Attend to minimizing stress in my life
- Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- Say no to extra responsibilities

### **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
- 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



**Spiritual Self-Care**

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Cherish my optimism and hope
- Be aware of non-material aspects of life
- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Make gratitude lists
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks or music

**Relationship Self-Care**

- Schedule regular dates with my partner
- 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
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust

**Workplace or Professional Self-Care**

- Take a break during the workday (e.g., lunch)
- Take time to chat with co-workers or peers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Create balance in the workday or school day
- Arrange workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Have a peer support group

**Other Areas of Self-Care that are Relevant to You**

---

Adapted from Saakvitne, K.W. & Pearlman, L.A. (1996). Transforming the pain: A workbook on vicarious traumatization. New York, NY: W. W. Norton & Company.