

# Assessing Your Self-Care

(Richardson, 2001)

This self-care assessment is designed to measure how well you are balancing your own needs with the needs of those you serve. It is recommended you re-assess yourself on a regular basis and use the results to adapt your Self-Care Plan as needed. It is designed to be used as a tool to help you gain **AWARENESS** about your own needs and limitations, maintain **BALANCE** between your work self and personal self, and deepen your **CONNECTION** to this work.

Use the following scale to rate the frequency with which you engage in these self-care activities:

5 = Frequently

3 = Rarely

1 = It never occurred to me to do this!!!

4 = Occasionally

2 = Never

## **A. Physical Self-Care**

- Eat regular meals
- Eat healthy foods
- Exercise
- Get regular medical care
- Take time off when sick
- Get massages
- Do fun physical activities
- Take time to be sexual
- Get enough sleep
- Wear clothes you like
- Take vacations or day trips
- Get away from telephones
- Other: \_\_\_\_\_

## **B. Psychological Self-Care**

- Make time for self-reflection
- Engage in your own therapy
- Journal
- Read about topics unrelated to work
- Try not to be in charge
- Decrease stressful experiences
- Listen to your inner experiences
- Let others see different aspects of you
- Practice receiving from others
- Be curious
- Say no to extra responsibilities
- Other: \_\_\_\_\_

## **C. Emotional Self-Care**

- Spend time with those whose company you enjoy
- Stay in touch with old friends
- Give yourself affirmations and praise
- Love yourself
- Re-visit favorite books and movies

- Identify comforting things
- Allow yourself to cry
- Find things to make you laugh
- Express your outrage via social action
- Play with children
- Other: \_\_\_\_\_

## **D. Spiritual Self-Care**

- Spend time in nature
- Connect with a spiritual community
- Be open to inspiration and hope
- Connect to the non-material
- Be present, not the presenter
- Identify what has meaning for you
- Meditate/pray/sing
- Spend time with children or animals
- Have experiences of awe
- Contribute to causes you believe in
- Read literature that inspires you
- Other: \_\_\_\_\_

## **E. Workplace and Professional Self-Care**

- Schedule breaks in your workday
- Take time to chat with colleagues
- Make quiet time to complete work
- Identify projects that are rewarding
- Set limits with clients and colleagues
- Balance work/caseload
- Arrange a comforting work space
- Get regular supervision
- Negotiate your needs
- Have a peer support group
- Develop non-trauma areas of professional interest
- Other: \_\_\_\_\_