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
d 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: