

Self-Care Assessment

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

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Exercise or move your body through some activity everyday
- Get medical care when needed
- Take time off from school/activities when sick
- Get enough sleep
- Wear clothes I like
- Get massages, acupuncture, mani/pedi
- 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:

Psychological Self-Care

- Engage in activities that takes your mind of things, e.g., go on walks, funny videos, friends/family
- Make time away from phones, email, social media/internet
- Listen to my thoughts, beliefs, feelings
- Write in a journal
- Read books that are unrelated to work
- Minimize stressors 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 sometimes
- Other:

Spiritual Self-Care

- Listen to inspirational talks, music, podcasts or read inspirational books
- Spend time in nature
- Find a spiritual connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing and inspiration
- Contribute to causes I believe in
- Identify what is meaningful to me
- Meditate and/or reflect
- Pray
- Sing
- Other:



Relationship Self-Care

- Schedule regular dates with my partner
- Schedule regular activities with my children
- Spend time with family I enjoy
- Call, check on, or see my relatives
- Spend time with my animals
- Stay in contact with faraway friends
- Make time to reply to personal emails, texts, and letters
- Enlarge (or decrease) my social circle
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Other:

Workplace Self-Care

- Take time to talk with coworkers
- Take a break during the workday
- Make quiet time to complete projects
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance my workload so that no one day or part of a day is "too much"
- Arrange work space so it is quiet and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits/pay)
- Have peer support group
- Develop a new area of of professional interest
- Other

(Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton.)



Helen and Arthur E. Johnson
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS