

Self Care Assessment Worksheet

Rate the following areas in frequency

- 5 = Frequently
- 4 = Occasionally
- 3 = Rarely
- 2 = Never
- 1 = It 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
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Take vacations
- Take day trips or mini-vacations
- Make time away from technology (e.g. internet, cell phones)
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not expert or in charge
- Decrease stress in your life

Notice your inner experience -- listen to your thoughts, judgments, beliefs, attitudes, and feelings

- Let others know different aspects of you
- Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theater performance)
- Practice receiving from others
- Be curious
- Say no to extra responsibilities sometimes
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Reread favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters, donations, marches, protests
- Other:

Spiritual Self-Care

- _____ Make time for reflection
- _____ Spend time with nature
- _____ Find a spiritual connection or community
- _____ Be open to inspiration
- _____ Cherish your optimism and hope
- _____ Be aware of nonmaterial aspects of life
- _____ Try at times not to be in charge or the expert
- _____ Be open to not knowing
- _____ Identify what is meaningful to you and notice its place in your life
- _____ Meditate
- _____ Pray
- _____ Sing
- _____ Have experiences of awe
- _____ Contribute to causes in which you believe
- _____ Read inspirational literature (talks, music, etc.)
- _____ Other:

Workplace or Professional Self-Care

- _____ Take a break during the workday (e.g. lunch)
- _____ Take time to chat with co-workers
- _____ Make quiet times to complete tasks
- _____ Identify projects or tasks that are exciting and rewarding
- _____ Set limits with clients and colleagues
- _____ Balance your caseload so no one day or part of a day is "too much"
- _____ Arrange your work space so it is comfortable and comforting
- _____ Get regular supervision or consultation

- _____ Negotiate for your needs (benefits, pay raise)
- _____ Have a peer support group
- _____ Develop a non-trauma area of professional interest
- _____ Other:

Balance

- _____ Strive for balance *among* work, family, relationships, play, and rest

Source: Adapted from:

http://www.counseling.org/wellness_taskforce/PDF/ACA_taskforce_assessment.pdf

American University Counseling Center
Mary Graydon Center 214, 202-885-3500
www.american.edu/ocl/counseling