Self-Care Assessment Tool

Rate yourself, using the numerical scale below, to fill in the empty boxes:
5 = Frequently, 4 = Occasionally, 3 = Sometimes, 2 = Never, 1 = It never even occurred to me

How often do you do the following activities?

Physical Self-Care

_____ Eat regularly (that is, breakfast, lunch, and dinner)
_____ Eat healthfully
_____ Exercise or go to the gym
_____ Lift weights
_____ Practice martial arts
_____ Get regular medical care for prevention
_____ Get medical care when needed
_____ Take time off when you’re sick
_____ Get massages or other body work
_____ Do physical activity that is fun for you
_____ Take time to be sexual
_____ Get enough sleep
_____ Wear clothes you like
_____ Take vacations
_____ Take day trips or mini-vacations
_____ Get away from stressful technology such as pagers, faxes, telephones, and e mail
_____ Other:________________________________________________________

Psychological Self-Care

_____ Make time for self-reflection
_____ Go to see a psychotherapist or counselor
_____ Write in a journal
_____ Read literature unrelated to work
_____ Do something at which you are a beginner
_____ Take a step to decrease stress in your life
_____ Notice your inner experience – your dreams, thoughts, imagery, and feelings
_____ Let others know different aspects of you
_____ Engage your intelligence in a new area – go to an art museum, performance, sports event, exhibit, or other cultural event
_____ Practice receiving from others
_____ Spend time outdoors
_____ Other:________________________________________________________
Emotional Self-Care

____ Spend time with others whose company you enjoy
____ Stay in contact with important people in your life
____ Treat yourself kindly (for example, by using supportive inner dialogue or self-talk)
____ Feel proud of yourself
____ Reread favorite books and see favorite movies again
____ Identify comforting activities, objects, people, relationships, and places, and seek them out
____ Allow yourself to cry
____ Find things that make you laugh
____ Express your outrage in a constructive way
____ Play with children
____ Other: __________________________________________________________

Spiritual Self-Care

____ Make time for prayer, meditation, and reflection
____ Spend time in nature
____ Participate in a spiritual gathering, community, or group
____ Be open to inspiration
____ Cherish your optimism and hope
____ Be aware of intangible (nonmaterial) aspects of life
____ Be open to mystery and not-knowing
____ Identify what is meaningful to you and notice its place in your life
____ Sing
____ Express gratitude
____ Celebrate milestones with rituals that are meaningful to you
____ Remember and memorialize loved ones who are dead
____ Nurture others
____ Have awe ful experiences
____ Contribute to or participate in the causes you believe in
____ Read inspirational literature
____ Listen to inspiring music
____ Other: __________________________________________________________

Workplace/Professional Self-Care

____ Take time to eat lunch with co-workers
____ Take time to chat with coworkers
____ Make time to complete tasks
____ Identity projects or tasks that are exciting, growth promoting, and rewarding for you
____ Set limits with clients and colleagues
____ Balance your caseload so that no particular day is ‘too much!”
____ Arrange your workspace to make it comfortable and comforting
____ Get regular supervision or consultation
____ Negotiate for your needs, such as benefits and pay raises
____ Have a peer support group
____ Other: __________________________________________________________