



Tool: Self Care Assessment

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care	Psychological Self-Care
<ul style="list-style-type: none"><input type="checkbox"/> Eat regularly (e.g., breakfast and lunch)<input type="checkbox"/> Eat healthfully<input type="checkbox"/> Exercise<input type="checkbox"/> Lift weights<input type="checkbox"/> Practice martial arts<input type="checkbox"/> Get regular medical care for prevention<input type="checkbox"/> Get medical care when needed<input type="checkbox"/> Take time off when you're sick<input type="checkbox"/> Get massages or other body work<input type="checkbox"/> Do physical activity that is fun for you<input type="checkbox"/> Take time to be sexual<input type="checkbox"/> Get enough sleep<input type="checkbox"/> Wear clothes you like<input type="checkbox"/> Take day trip, or mini vacations<input type="checkbox"/> Get away from stressful technology such as papers, faxes, telephones, e-mail<input type="checkbox"/> Other:	<ul style="list-style-type: none"><input type="checkbox"/> Make time for self-reflection<input type="checkbox"/> Go to see psychotherapist or counsellor for yourself<input type="checkbox"/> Write in a Journal<input type="checkbox"/> Read literature unrelated to work<input type="checkbox"/> Do something at which you are beginner<input type="checkbox"/> Take a step to decrease stress in your life<input type="checkbox"/> Notice your inner experience-your dream, thoughts, imagery, feelings<input type="checkbox"/> Let others know different aspects of you<input type="checkbox"/> Engage your intelligence in a new area-go to an art museum, performance, sports event, exhibit, or other cultural event<input type="checkbox"/> Practice receiving from others<input type="checkbox"/> Be curious<input type="checkbox"/> Say no to extra responsibilities sometimes<input type="checkbox"/> Spend time outdoor<input type="checkbox"/> Other



Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Treat yourself kindly (supportive inner dialogue or self-talk)
- Feel proud of yourself
- Reread favourite books, review favourite movies
- Identify and seek out comforting activities, objects, people, relationship, places
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in constructive ways
- Play with children
- Other

Spiritual Self Care

- Make time for prayer, meditation, 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 non-tangible (nonmaterial) aspects of life
- Sing
- Express gratitude
- Celebrate milestones with rituals that are meaningful to you
- Remember and memorialize loved ones who have died
- Nurture others
- Have awe-full experiences
- Contribute to or participate in causes you believe in
- Read inspirational literature
- Listen to inspiring music
- Other:

Workplace/Professional Self Care

- Take time to eat lunch
- Take time to chat with co-workers
- Make time to complete tasks
- Identify projects or tasks that are exciting, growth-promoting, and rewarding for you
- Set limits with clients and colleagues
- Balance your caseload so no one day is "too much!"
- Arrange your workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs
- Have a peer support group
- Other