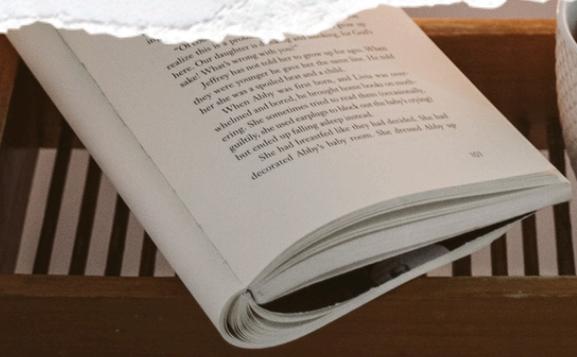
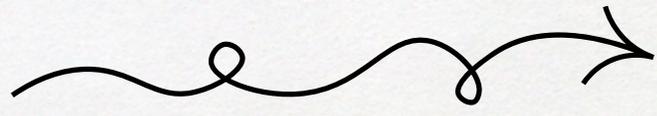




"What is Self-Care?"

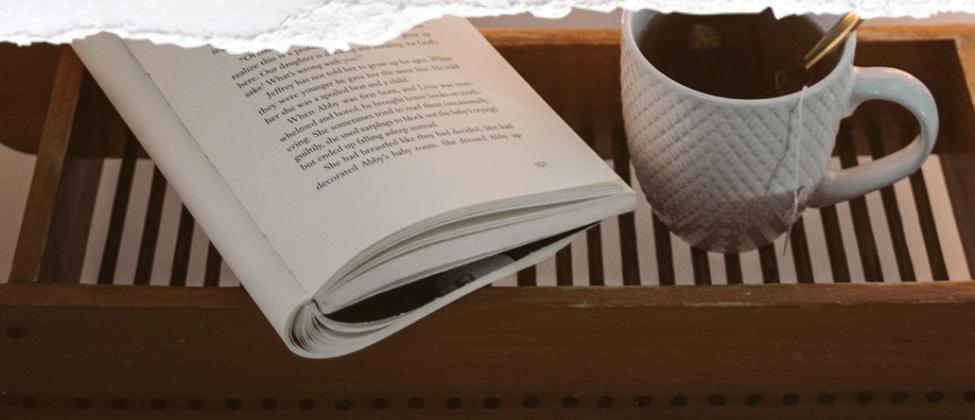




Self-Care Assessment

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think,

"I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.





Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
 - Eat balanced meals
 - Practice movement
 - Get regular medical care for prevention
 - Get medical care when needed
 - Take time off when sick
 - Get massages
 - Dance, swim, walk, run, play sports, sing, or do some fun physical activity
 - Take time to be sexual - with myself, with a partner
 - Get enough sleep
 - Wear clothes I like
 - Take vacations
 - Other: -----
- 



Psychological Self-Care

- Take day trips or mini-vacations
 - Make time away from telephones, email, and the Internet
 - Make time for self-reflection
 - Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
 - Have my own personal psychotherapy
 - Write in a journal
 - Read literature that is unrelated to work
 - Do something at which I am not expert or in charge
 - Attend to minimizing stress in my life
 - Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
 - Be curious
 - Say no to extra responsibilities sometimes
 - 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:-----
- 



Spiritual Self-Care

- Make time for reflection
 - Spend time in nature
 - Find a spiritual connection or community
 - Be open to inspiration
 - Cherish my optimism and hope
 - Be aware of non-material aspects of life
 - Try at times not to be in charge or the expert
 - Be open to not knowing
 - Identify what is meaningful to me and notice its place in my life
 - Meditate/Pray
 - Sing
 - Have experiences of awe
 - Contribute to causes in which I believe
 - Read inspirational literature or listen to inspirational talks, music
 - Other:-----
- 



Relationship Self-Care

- Schedule regular dates with my partner or spouse
 - Schedule regular activities with my children
 - Make time to see friends
 - Call, check on, or see my relatives.
 - Spend time with my companion animals
 - Stay in contact with faraway friends
 - Make time to reply to personal emails and letters;
send holiday cards
 - Allow others to do things for me
 - Enlarge my social circle
 - Ask for help when I need it
 - Share a fear, hope, or secret with someone
I trust
 - Other:-----
- 

Professional Self-Care

- Take a break during the workday (e.g., lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance my caseload so that no one day or part of a day is "too much"
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits, pay raise, time off)
- Have a peer support group
- If relevant, develop a non-trauma area of professional interest
- Other:-----



Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among work, family, relationships, play, and rest

Other Areas of Self-Care

Other Areas of Self-Care that are Relevant to You:

----- Other:-----

----- Other:-----

----- Other:-----

----- Other:-----

----- Other:-----





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