

# Assessing Your Self-Care

(Richardson, 2001)

This self-care assessment is designed to measure how well you are balancing your own needs with the needs of those you serve. It is recommended you re-assess yourself on a regular basis and use the results to adapt your Self-Care Plan as needed. It is designed to be used as a tool to help you gain **AWARENESS** about your own needs and limitations, maintain **BALANCE** between your work self and personal self, and deepen your **CONNECTION** to this work.

Use the following scale to rate the frequency with which you engage in these self-care activities:

5 = Frequently

3 = Rarely

1 = It never occurred to me  
to do this!!!

4 = Occasionally

2 = Never

## **A. Physical Self-Care**

\_\_\_\_\_ Eat regular meals

\_\_\_\_\_ Eat healthy foods

\_\_\_\_\_ Exercise

\_\_\_\_\_ Get regular medical care

\_\_\_\_\_ Take time off when sick

\_\_\_\_\_ Get massages

\_\_\_\_\_ Do fun physical activities

\_\_\_\_\_ Take time to be sexual

\_\_\_\_\_ Get enough sleep

\_\_\_\_\_ Wear clothes you like

\_\_\_\_\_ Take vacations or day trips

\_\_\_\_\_ Get away from telephones

\_\_\_\_\_ Other: \_\_\_\_\_

## **B. Psychological Self-Care**

\_\_\_\_\_ Make time for self-reflection

\_\_\_\_\_ Engage in your own therapy

\_\_\_\_\_ Journal

\_\_\_\_\_ Read about topics unrelated to work

\_\_\_\_\_ Try not to be in charge

\_\_\_\_\_ Decrease stressful experiences

\_\_\_\_\_ Listen to your inner experiences

\_\_\_\_\_ Let others see different aspects of you

\_\_\_\_\_ Practice receiving from others

\_\_\_\_\_ Be curious

\_\_\_\_\_ Say no to extra responsibilities

\_\_\_\_\_ Other: \_\_\_\_\_

## **C. Emotional Self-Care**

\_\_\_\_\_ Spend time with those whose  
company you enjoy

\_\_\_\_\_ Stay in touch with old friends

\_\_\_\_\_ Give yourself affirmations and praise

\_\_\_\_\_ Love yourself

\_\_\_\_\_ Re-visit favorite books and movies

\_\_\_\_\_ Identify comforting things

\_\_\_\_\_ Allow yourself to cry

\_\_\_\_\_ Find things to make you laugh

\_\_\_\_\_ Express your outrage via social action

\_\_\_\_\_ Play with children

\_\_\_\_\_ Other: \_\_\_\_\_

## **D. Spiritual Self-Care**

\_\_\_\_\_ Spend time in nature

\_\_\_\_\_ Connect with a spiritual community

\_\_\_\_\_ Be open to inspiration and hope

\_\_\_\_\_ Connect to the non-material

\_\_\_\_\_ Be present, not the presenter

\_\_\_\_\_ Identify what has meaning for you

\_\_\_\_\_ Meditate/pray/sing

\_\_\_\_\_ Spend time with children or animals

\_\_\_\_\_ Have experiences of awe

\_\_\_\_\_ Contribute to causes you believe in

\_\_\_\_\_ Read literature that inspires you

\_\_\_\_\_ Other: \_\_\_\_\_

## **E. Workplace and Professional Self-Care**

\_\_\_\_\_ Schedule breaks in your workday

\_\_\_\_\_ Take time to chat with colleagues

\_\_\_\_\_ Make quiet time to complete work

\_\_\_\_\_ Identify projects that are rewarding

\_\_\_\_\_ Set limits with clients and colleagues

\_\_\_\_\_ Balance work/caseload

\_\_\_\_\_ Arrange a comforting work space

\_\_\_\_\_ Get regular supervision

\_\_\_\_\_ Negotiate your needs

\_\_\_\_\_ Have a peer support group

\_\_\_\_\_ Develop non-trauma areas of  
professional interest

\_\_\_\_\_ Other: \_\_\_\_\_