

Self-Care Checklist

This assessment tool provides an overview of effective strategies that you can do to maintain your resilience and promote personal sustainability. After completing the full assessment, choose one item from each area that you will actively work on to take good care of yourself.

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

☐ Eat regularly (e.g. breakfast, lunch and dinner)

☐ Eat healthy

☐ Exercise

☐ Get regular medical care for prevention

☐ Get medical care when needed

☐ Take time off when needed

☐ Get massages

☐ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun

☐ Take time to be sexual—with yourself, with a partner

☐ Get enough sleep

☐ Wear clothes you like

☐ Take vacations

☐ Take day trips or mini-vacations

☐ Make time away from telephones

☐ Other:

Psychological Self-Care

☐ Make time for self-reflection

☐ Have your own personal counselor or coach if you need one

☐ 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

- ___ Let others know different aspects of you
- ___ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ___ 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
- ___ Re-read 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 and donations, marches, protests
- ___ Play with children
- ___ 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

- ___ Spend time with children
- ___ 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 time to complete tasks
- ___ Identify projects or tasks that are exciting and rewarding
- ___ Set limits with your clients and colleagues
- ___ Balance your workload so that 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
- ___ Have a peer support group
- ___ Develop or explore other areas of professional interest
- ___ Other:

Balance

- ___ Strive for balance within your work-life and workday
- ___ Strive for balance among work, family, relationships, play and rest

Adapted from: Saakvitne, K.W. and Pearlman, L.A. (1996). Transforming the Pain: A Workbook on Vicarious Traumatization. New York: Norton.