**Self-Care**

Rate the following areas in 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 Healthily

\_\_\_\_\_Exercise

\_\_\_\_\_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 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 telephone/email

\_\_\_\_\_Other:

**Psychological Self-Care**

\_\_\_\_\_Make time for self-reflection

\_\_\_\_\_Have your own personal psychotherapy

\_\_\_\_\_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

\_\_\_\_\_Notice your inner experience—listen to your thoughts, judgments, beliefs,

attitudes and feelings

\_\_\_\_\_Let others know different aspects of you

\_\_\_\_\_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

\_\_\_\_\_Reread 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, 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 clients and colleagues

\_\_\_\_\_Balance your caseload so 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 (benefits, pay raise)

\_\_\_\_\_Have a peer support group

\_\_\_\_\_Develop a non-trauma area of professional interest

\_\_\_\_\_Other:

**Balance**

\_\_\_\_\_Strive for balance *within* your work-life and workday

\_\_\_\_\_Strive for balance *among* work, family, relationships, play, and rest

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

**Transforming the Pain: A Workbook on Vicarious Traumatization** Saakvitne, Pearlman, and Staff of TSI/CAAP (Norton, 1996)