## Self Care Assessment Worksheet

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
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Take vacations
- Take day trips or mini-vacations
- Make time away from technology (e.g. internet, cell phones)
- 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
- 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
____ 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 times 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

Balance

____ Strive for balance among work, family, relationships, play, and rest

____ Negotiate for your needs (benefits, pay raise)
____ Have a peer support group
____ Develop a non-trauma area of professional interest
____ Other:

Source: Adapted from:
http://www.counseling.org/wellness_taskforce/PDF/ACA_taskforce_assessment.pdf

American University Counseling Center
Mary Graydon Center 214, 202-885-3500
www.american.edu/ocl/counseling