

Self Care Inventory

The following worksheet for assessing self care is not exhaustive, merely suggestive. Please respond to the following items in each category. Your totals will be calculated for you. Higher scores indicate better self care. Determine which areas you are doing well in, and which areas may need improvement.

3 2 1 0
I do this well I do this OK I barely or rarely do this I never do this

Physical Self Care

- Eat regularly (e.g breakfast, lunch, and dinner) and healthily
- Exercise
- Get regular/preventive medical care and when needed
- Take time off when sick
- Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- Get enough sleep
- Take time to be physically intimate
- Other: _____

_____ TOTAL (0-24)

Psychological Self Care

- Take day trips, mini-vacations, and/or vacations
- Make time away from cell phones, email, social media, and the Internet
- Make time for self-reflection: notice inner experience (thoughts, beliefs, attitudes, feelings)
- Have my own personal psychotherapy
- Do something at which I am not expert or in charge
- Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre, read
- Say no to extra responsibilities when needed
- Other: _____

_____ TOTAL (0-24)

Emotional Self Care

- Accept and love myself
- Spend time with others whose company I enjoy
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to experience full range of emotions (happy, sad, angry, frustrated, hopeful, etc.)
- Laugh and smile often
- Express my outrage in social action, letters, donations, marches, protests
- Give myself affirmations, praise myself
- Other: _____

_____ TOTAL (0-24)

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton.

Modified by SCU CAPS 8/23/12

3	2	1	0
I do this well	I do this OK	I barely or rarely do this	I never do this

Spiritual Self Care

- Make time for reflection about values, meaning, and purpose in my life; practice gratitude
- Spend time in nature
- Connect with supportive spiritual community and engage in spiritual practice/ritual
- Be open to inspiration; develop and cherish optimism and hope
- Be open to not knowing
- Meditate/pray/sing
- Contribute to causes in which I believe
- Other: _____

TOTAL (0-24)

Relationship Self Care

- Schedule regular quality time with my partner or spouse, family members, friends etc.
- Stay in contact with faraway friends and family
- Make time to reply to personal emails and letters
- 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: _____

TOTAL (0-24)

Workplace or Academic Self Care

- Take a break daily from commitments/activities (e.g. lunch)
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits and boundaries with residents and peers
- Balance my workload so that no one day or part of a day is “too much”
- Arrange work space so it is comfortable and comforting
- Have a peer support group
- Other: _____

TOTAL (0-24)