

Self-Care Assessment

The following self-care assessment scale is by Saakvitne and Pearlman from the Traumatic Stress Institute. It is designed as a tool to measure how well you are addressing your own needs. It is useful to revisit this assessment regularly.

Rate the following areas in frequency:

5=frequently, 4=occasionally, 3=rarely, 2=never, and 1=it never occurred to me.

<p>Physical Self-Care</p> <p>___ Eat regularly (e.g. breakfast, lunch and dinner)</p> <p>___ Eat healthily</p> <p>___ Exercise</p> <p>___ Get regular medical care for prevention</p> <p>___ Get medical care when needed</p> <p>___ Take time off when sick</p> <p>___ Get massages</p> <p>___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun</p> <p>___ Take time to be sexual – with yourself, with a partner</p> <p>___ Get enough sleep</p> <p>___ Wear clothes you like</p> <p>___ Take vacations</p> <p>___ Take day-trips or mini-vacations</p> <p>___ Make time away from telephones</p> <p>Psychological Self-Care</p> <p>___ Make time for self-reflection</p> <p>___ Have your own personal psychotherapy</p> <p>___ Write in a journal</p> <p>___ Read literature that is unrelated to work</p> <p>___ Do something at which you are not expert or in charge of</p> <p>___ Decrease stress in your life</p>	<p>___ Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes and feelings</p> <p>___ Let others know different aspects of you</p> <p>___ Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theater performance)</p> <p>___ Practice receiving from others</p> <p>___ Be curious</p> <p>___ Say no to extra responsibilities sometimes</p> <p>Emotional Self-Care</p> <p>___ Spend time with others whose company you enjoy</p> <p>___ Stay in contact with important people in your life</p> <p>___ Give yourself affirmations, praise yourself</p> <p>___ Love yourself</p> <p>___ Reread your favorite books, review favorite movies</p> <p>___ Identify comforting activities, objects, people, relationships, places, and seek them out</p> <p>___ Allow yourself to cry</p> <p>___ Find things that make you laugh</p> <p>___ Express your outrage in social action, letters, donations, marches and protests</p> <p>___ Play with children</p>
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<p>Spiritual Self Care</p> <p>___ Make time for reflection</p> <p>___ Spend time with nature</p> <p>___ Find a spiritual connection or community</p> <p>___ Be open to inspiration</p> <p>___ Cherish your optimism and hope</p> <p>___ Be aware of non-material aspects of life</p> <p>___ Try at times not to be in charge or the expert</p> <p>___ Be open to not knowing</p> <p>___ Identify what is meaningful to you and notice its place in your life</p> <p>___ Meditate</p> <p>___ Pray</p> <p>___ Sing</p> <p>___ Spend time with children</p> <p>___ Have experiences of awe</p> <p>___ Contribute to causes in which you believe</p> <p>___ Read inspirational literature (e.g. talks, music)</p>	<p>Workplace or Professional Self-Care</p> <p>___ Take a break during the workday (e.g. lunch)</p> <p>___ Take time to chat with co-workers</p> <p>___ Make quiet time to complete tasks</p> <p>___ Identify projects or tasks that are exciting and rewarding</p> <p>___ Set limits with clients and colleagues</p> <p>___ Balance your caseload so no one day or part of a day is “too much”</p> <p>___ Arrange your work space so it is comfortable and comforting</p> <p>___ Get regular supervision or consultation</p> <p>___ Negotiate for your needs (benefits, pay raise)</p> <p>___ Have a peer support group</p> <p>___ Develop a non-trauma area of professional interest</p> <p>Balance</p> <p>___ Strive for balance within your work life and work day</p> <p>___ Strive for balance among work, family, relationships, play and rest</p>
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From *Transforming the Pain: A Workbook on Vicarious Traumatization* by Karen W. Saakvitne and Laurie Anne Pearlman. Copyright 1996 by the Traumatic Stress Institute/Center for Adult and Adolescent Psychotherapy.

Making a Commitment to Yourself Action Plan

Write down three things you can do to address secondary trauma for each arena: professional and personal.

Professional

1. _____

2. _____

3. _____

Personal

1. _____

2. _____

3. _____