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Self Care Assessment Tool

(Adapted from Saakvitne & Pearlman & TSI Staff, 1996, Transforming The Pain: A Workbook On Vicarious Traumatization.)

How often do you do the following? Rate each one, using the scale below:

- 5 Frequently
- 4 Occasionally
- 3 Sometimes
- 2 Never
- 1 It never occurred to me

Physical Self Care (PH)

- _____ Eat regularly (eg breakfast & lunch)
- _____ Exercise, or go to the gym
- _____ Get regular medical care for prevention
- _____ Take time off when you are sick
- _____ Get massages or other body work
- _____ Do physical activity that is fun for you
- _____ Get enough sleep
- _____ Take vacations
- _____ Take day trips or mini vacations
- _____ Get away from stressful technology (eg papers, faxes, telephones, email)
- _____ Other:

Psychological Self Care (PS)

- _____ Make time for self reflection
- _____ Go to see a supervisor or counsellor for yourself
- _____ Read literature that is unrelated to work
- _____ Do something at which you are a beginner
- _____ Notice your inner experience – your dreams, thoughts, imagery, feelings
- _____ Let others know different aspects of you
- _____ Engage your intelligence in a new area – go to an art museum, performance, sports event, exhibit, or other cultural event
- _____ Practise receiving from others
- _____ Say no to extra responsibilities sometimes
- _____ Spend time outdoors
- _____ Other:

Emotional Self Care (EM)

- _____ Spend time with others whose company you enjoy
- _____ Stay in contact with important people in your life
- _____ Treat yourself kindly
- _____ Feel proud of yourself
- _____ Re-read favourite books, review favourite 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 a constructive way
- _____ Play with children
- _____ Other:

Spiritual Self Care (SP)

- _____ Make time for prayer, meditation, reflection
- _____ Spend time in nature
- _____ Participate in a spiritual gathering, community or group
- _____ Be open to inspiration
- _____ Cherish your optimism and hope
- _____ Be open to mystery, not knowing
- _____ Identify what is meaningful to you and notice its place in your life
- _____ Express gratitude
- _____ Contribute to or participate in causes you believe in
- _____ Listen to inspiring music
- _____ Other:

Workplace/Professional Self Care (WO)

- _____ Take time to eat lunch
- _____ Take time to chat with co-workers
- _____ Make time to complete tasks
- _____ Identify projects or tasks that are exciting, growth promoting, and rewarding for you
- _____ Set limits with patients/clients and colleagues
- _____ Balance your caseload so no one day is 'too much!'
- _____ Arrange your workspace so it is comfortable and comforting
- _____ Get regular supervision or consultation
- _____ Have a peer support group
- _____ Develop a non trauma area of professional competence
- _____ Other:

For each area of self care, add up your ratings and note the totals below:

PH	PS	EM	SP	WO

Note: The lower the score for an area, the more attention you may need to pay to that area of self care.

