

# Self-Care Inventory

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the inventory, choose one item from each area that you would like to add to your self-care plan.

Use the scale below to rate the following areas in terms of 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 healthy

\_\_\_\_\_ Get regular medical care for prevention

\_\_\_\_\_ Get medical care when needed

\_\_\_\_\_ Take time off when needed

\_\_\_\_\_ 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 telephones

\_\_\_\_\_ Other:

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## 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
- \_\_\_\_\_ Let others know different aspects of you
- \_\_\_\_\_ Notice your inner experience - listen to your thoughts, judgements, beliefs, attitudes, and feelings
- \_\_\_\_\_ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theatre 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
- \_\_\_\_\_ Re-read 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 and donations, marches, protests
- \_\_\_\_\_ Play with children
- \_\_\_\_\_ Other:

## Spiritual self-care

- \_\_\_\_\_ Make time for reflection
- \_\_\_\_\_ Spend time with nature

# Self care Inventory

- \_\_\_\_\_ Find a spiritual connection or community
- \_\_\_\_\_ Be open to inspiration
- \_\_\_\_\_ Cherish your optimism and hope
- \_\_\_\_\_ Be aware of non-material 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 your clients and colleagues
- \_\_\_\_\_ Balance your caseload so that 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, a 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