

SELF-CARE CHECKLIST

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.



Physical Self-Care

- ☐ Eat regularly (e.g. breakfast, lunch, and dinner)
- ☐ Eat healthily
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Take time off when sick
- ☐ Get massages
- ☐ Dance, swim, walk, run, play sports, sing, or do some other physical activity that's fun
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones, pagers, email, internet
- ☐ 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 aspect of you
- ☐ Engage your intelligence in a new area, e.g., go to an art museum, sports event, 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
- ☐ 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
- ☐ Balance your caseload so no one day or part of a day is “too much”
- ☐ Get regular supervision or consultation
- ☐ Negotiate for your needs (benefits, pay raise)
- ☐ Have a peer support group
- ☐ Develop a non-trauma area of professional interest

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