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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