

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

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- 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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