



Personal Assessment of Self-Care Strategies

From “Risking Connection – A Training Curriculum for Working with Survivors of Childhood Abuse”

How frequently do you do the following?

1. Often 2. Sometimes 3. Rarely 4. Never

Physical self-care:

- Eat regularly (breakfast, lunch and dinner)
- Eat healthy food
- Exercise
- Get regular medical care for prevention
- Get massages
- Dance, swim, walk, run, play sports, sing, do other physical activity you enjoy
- Get enough sleep
- Wear clothes that you like
- Take vacations
- Other:

Psychological self-care:

- Take day trips or mini-vacations
- Take time away from telephones/email
- Make time for self-reflection
- Participate in your own personal psychotherapy
- Write in a journal
- Read literature that is not related to work
- Do something at which you are not expert or in charge

- Attempt to minimize things that create stress in your life
- Notice your inner experience – listen to your thoughts, beliefs, attitudes and feelings
- Let others know different aspects of you
- Practice receiving from others
- Be curious
- Say no to extra responsibilities
- 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 and celebrate yourself
- Love yourself
- Re-read favorite books, review favorite movies
- Identify comforting activities, objects, people, relationships, or places and seek them out
- Allow yourself to cry
- Find things that make you laugh

- Express your outrage through social action, letters, donations, marches and protests

Spiritual self-care:

- Make time for reflection
- Spent time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of the non-material aspects of life
- Try at times not to be in charge or be 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





Spiritual self-care (con't):

- ___Contribute to causes in which you believe
- ___Read inspirational literature, attend talks, listen to music
- ___Be mindful of what is happening in your body and around you now
- ___Other:

Workplace or professional self-care:

- ___Take time to eat lunch
- ___Take time to chat with coworkers
- ___Make quiet time to complete tasks
- ___Identify exciting and rewarding projects or tasks
- ___Set limits with clients and colleagues
- ___Balance your caseload so 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 your needs (benefits, 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 work day
- ___Strive for balance among work, family, relationships, play and rest

List other areas of self-care that are relevant to you:

