

Self Care Inventory

The following worksheet for assessing self care is not exhaustive, merely suggestive. Please respond to the following items in each category. Your totals will be calculated for you. Higher scores indicate better self care. Determine which areas you are doing well in, and which areas may need improvement.

3 2 1 0
I do this well I do this OK I barely or rarely do this I never do this

Physical Self Care

- ___ Eat regularly (e.g breakfast, lunch, and dinner) and healthily
- ___ Exercise
- ___ Get regular/preventive medical care and when needed
- ___ Take time off when sick
- ___ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- ___ Get enough sleep
- ___ Take time to be physically intimate
- ___ Other: _____

___ TOTAL (0-24)

Psychological Self Care

- ___ Take day trips, mini-vacations, and/or vacations
- ___ Make time away from cell phones, email, social media, and the Internet
- ___ Make time for self-reflection: notice inner experience (thoughts, beliefs, attitudes, feelings)
- ___ Have my own personal psychotherapy
- ___ Do something at which I am not expert or in charge
- ___ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre, read
- ___ Say no to extra responsibilities when needed
- ___ Other: _____

___ TOTAL (0-24)

Emotional Self Care

- ___ Accept and love myself
- ___ Spend time with others whose company I enjoy
- ___ Identify comforting activities, objects, people, places and seek them out
- ___ Allow myself to experience full range of emotions (happy, sad, angry, frustrated, hopeful, etc.)
- ___ Laugh and smile often
- ___ Express my outrage in social action, letters, donations, marches, protests
- ___ Give myself affirmations, praise myself
- ___ Other: _____

___ TOTAL (0-24)

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton.

Modified by SCU CAPS 8/23/12

3	2	1	0
I do this well	I do this OK	I barely or rarely do this	I never do this

Spiritual Self Care

- Make time for reflection about values, meaning, and purpose in my life; practice gratitude
- Spend time in nature
- Connect with supportive spiritual community and engage in spiritual practice/ritual
- Be open to inspiration; develop and cherish optimism and hope
- Be open to not knowing
- Meditate/pray/sing
- Contribute to causes in which I believe
- Other: _____

- TOTAL (0-24)

Relationship Self Care

- Schedule regular quality time with my partner or spouse, family members, friends etc.
- Stay in contact with faraway friends and family
- Make time to reply to personal emails and letters
- Allow others to do things for me
- Enlarge my social circle
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Other: _____

- TOTAL (0-24)

Workplace or Academic Self Care

- Take a break daily from commitments/activities (e.g. lunch)
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits and boundaries with residents and peers
- Balance my workload so that no one day or part of a day is “too much”
- Arrange work space so it is comfortable and comforting
- Have a peer support group
- Other: _____

- TOTAL (0-24)