

## Self-Care Assessment

The following self-care assessment scale is by Saakvitne and Pearlman from the Traumatic Stress Institute. It is designed as a tool to measure how well you are addressing your own needs. It is useful to revisit this assessment regularly.

Rate the following areas in frequency:

5=frequently, 4=occasionally, 3=rarely, 2=never, and 1=it never occurred to me.

<p><b>Physical Self-Care</b></p> <p><input type="checkbox"/> Eat regularly (e.g. breakfast, lunch and dinner)</p> <p><input type="checkbox"/> Eat healthily</p> <p><input type="checkbox"/> Exercise</p> <p><input type="checkbox"/> Get regular medical care for prevention</p> <p><input type="checkbox"/> Get medical care when needed</p> <p><input type="checkbox"/> Take time off when sick</p> <p><input type="checkbox"/> Get massages</p> <p><input type="checkbox"/> Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun</p> <p><input type="checkbox"/> Take time to be sexual – with yourself, with a partner</p> <p><input type="checkbox"/> Get enough sleep</p> <p><input type="checkbox"/> Wear clothes you like</p> <p><input type="checkbox"/> Take vacations</p> <p><input type="checkbox"/> Take day-trips or mini-vacations</p> <p><input type="checkbox"/> Make time away from telephones</p> <p><b>Psychological Self-Care</b></p> <p><input type="checkbox"/> Make time for self-reflection</p> <p><input type="checkbox"/> Have your own personal psychotherapy</p> <p><input type="checkbox"/> Write in a journal</p> <p><input type="checkbox"/> Read literature that is unrelated to work</p> <p><input type="checkbox"/> Do something at which you are not expert or in charge of</p> <p><input type="checkbox"/> Decrease stress in your life</p>	<p><input type="checkbox"/> Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes and feelings</p> <p><input type="checkbox"/> Let others know different aspects of you</p> <p><input type="checkbox"/> Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theater performance)</p> <p><input type="checkbox"/> Practice receiving from others</p> <p><input type="checkbox"/> Be curious</p> <p><input type="checkbox"/> Say no to extra responsibilities sometimes</p> <p><b>Emotional Self-Care</b></p> <p><input type="checkbox"/> Spend time with others whose company you enjoy</p> <p><input type="checkbox"/> Stay in contact with important people in your life</p> <p><input type="checkbox"/> Give yourself affirmations, praise yourself</p> <p><input type="checkbox"/> Love yourself</p> <p><input type="checkbox"/> Reread your favorite books, review favorite movies</p> <p><input type="checkbox"/> Identify comforting activities, objects, people, relationships, places, and seek them out</p> <p><input type="checkbox"/> Allow yourself to cry</p> <p><input type="checkbox"/> Find things that make you laugh</p> <p><input type="checkbox"/> Express your outrage in social action, letters, donations, marches and protests</p> <p><input type="checkbox"/> Play with children</p>
---	---

Rate the following areas in frequency:

5=frequently, 4=occasionally, 3=rarely, 2=never, and 1=it never occurred to me.

<b>Spiritual Self Care</b>	<b>Workplace or Professional Self-Care</b>
<input type="checkbox"/> Make time for reflection <input type="checkbox"/> Spend time with nature <input type="checkbox"/> Find a spiritual connection or community <input type="checkbox"/> Be open to inspiration <input type="checkbox"/> Cherish your optimism and hope <input type="checkbox"/> Be aware of non-material aspects of life <input type="checkbox"/> Try at times not to be in charge or the expert <input type="checkbox"/> Be open to not knowing <input type="checkbox"/> Identify what is meaningful to you and notice its place in your life <input type="checkbox"/> Meditate <input type="checkbox"/> Pray <input type="checkbox"/> Sing <input type="checkbox"/> Spend time with children <input type="checkbox"/> Have experiences of awe <input type="checkbox"/> Contribute to causes in which you believe <input type="checkbox"/> Read inspirational literature (e.g. talks, music)	<input type="checkbox"/> Take a break during the workday (e.g. lunch) <input type="checkbox"/> Take time to chat with co-workers <input type="checkbox"/> Make quiet time to complete tasks <input type="checkbox"/> Identify projects or tasks that are exciting and rewarding <input type="checkbox"/> Set limits with clients and colleagues <input type="checkbox"/> Balance your caseload so no one day or part of a day is "too much" <input type="checkbox"/> Arrange your work space so it is comfortable and comforting <input type="checkbox"/> Get regular supervision or consultation <input type="checkbox"/> Negotiate for your needs (benefits, pay raise) <input type="checkbox"/> Have a peer support group <input type="checkbox"/> Develop a non-trauma area of professional interest  <b>Balance</b>  <input type="checkbox"/> Strive for balance within your work life and work day <input type="checkbox"/> Strive for balance among work, family, relationships, play and rest

From *Transforming the Pain: A Workbook on Vicarious Traumatization* by Karen W. Saakvitne and Laurie Anne Pearlman. Copyright 1996 by the Traumatic Stress Institute/Center for Adult and Adolescent Psychotherapy.

## Making a Commitment to Yourself Action Plan

Write down three things you can do to address secondary trauma for each arena: professional and personal.

### ***Professional***

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### **Personal**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_