

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