| 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: _____

0 ____ 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: _____

0 ____ 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: _____

0 ____ TOTAL (0-24)

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