Self-Care Checklist

Rate how often and how well you are taking care of yourself these days by filling in the following checklist. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, “I would never do that”? Listen to your inner responses, your internal dialogue about self-care and making yourself the priority.

Rate the following areas in frequency

5 = Frequently
4 = Occasionally
3 = Rarely
2 = Never
1 = It never occurred to me

Physical Self-Care

___ Eat regularly (e.g., breakfast, lunch, and dinner)
___ Eat healthily
___ Exercise
___ Get regular medical care for prevention
___ Get medical care when needed
___ Take time off when sick
___ Get massages
___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
___ Take time to be sexual - with yourself, with a partner
___ Get enough sleep
___ Wear clothes you like
___ Take vacations
___ Take day trips or mini-vacations
___ Make time away from telephones
___ Other:
**Psychological Self-Care**

___ Make time for self-reflection
___ Have your own personal psychotherapy
___ Write in a journal
___ Read literature that is unrelated to work
___ Do something at which you are not expert or in charge
___ Decrease stress in your life
___ Notice your inner experience - listen to your thoughts, judgements, beliefs, attitude and feelings
___ Let others know different aspects of you
___ Engage your intelligence in a new area, e.g., go to an art museum, history exhibit, sports event, auction, theatre performance
___ 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 yourself
___ Love yourself
___ Reread favourite books, re-view favourite movies
___ Identify comforting activities, objects, people, relationships, places and seek them out
___ Allow yourself to cry
___ Find things that make you laugh
___ Express your outrage in social action, letters, donations, marches, protests
__ Play with children

__ Other:

**Spiritual Self-Care**

__ Make time for reflection
__ Spend time with nature
__ Find a spiritual connection or community
__ Be open to inspiration
__ Cherish your optimism and hope
__ Be aware of nonmaterial aspects of life
__ Try at times not to be in charge or 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
__ Contribute to causes in which you believe
__ Read inspirational literature (talks, music, etc.)
__ Other:

**Workplace or Professional Self-Care**

__ Take a break during the workday (e.g., lunch)
__ Take time to chat with co-workers
__ Make quiet time to complete tasks
__ Identify projects or tasks that are exciting and rewarding
___ 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 for 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 workday
___ Strive for balance *among* work, family, relationships, play and rest