

Self-Care Assessment

Thanks for downloading this self-care assessment. Listed below are the six categories of self-care mentioned in the post, and several examples for each category. Of course this list is not exhaustive - there are many different activities for each category not listed here.

Take a look at each list and see where your self-care level is for each category. You can create a visual for your current level of self-care by printing out page 3 and coloring in your current level of satisfaction in each bar,

Awareness is a powerful first step for change. If you are not satisfied with any particular area, try experimenting with some of the ideas listed - or try your own!

Physical Self-Care*

- Eat regularly
- Exercise
- Get regular medical care
- Eat healthily
- Get massages/attend spas
- Rest when sick
- Take vacations/breaks from work
- Wear clothes I feel good in
- Get enough sleep
- Do fun physical activity
- Enjoy being sexual
- Think positive thoughts about my body

Mental Self-Care

- Read interesting books
- Practicing meditation
- Take on new challenges at work
- Play games
- Learn a language
- Declutter your home
- Giving yourself mental 'white space'
- Take a different route to work
- Try sudoku
- Play words with friends
- Question your thoughts
- Learn something new

*Physical self-care list adapted from Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

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Emotional Self-Care

Journaling
Confiding in a loved one
Managing stress
Creative outlets
Watching an emotional movie
Participating in a support group
Creating containers for strong emotions
Spending time with your pet
Speaking with a therapist
Art journaling
Meditation/yoga

Practical Self-Care

Live within your means
Pay bills on time
Reconcile bank accounts
Save for emergencies
Save for retirement
Save for splurges
Maintain a clean home
Live without excessive clutter
Planning meals & grocery shopping
Maintain adequate insurance
Perform routine home/car maintenance

Social Self-Care

Spending time with friends
Date nights
Connecting with family
Lunch with your coworkers
Spending time on social media
Sending cards, notes, emails
Maintaining personal boundaries
Being authentic
Having a difficult conversation
Scheduling time for fun
Hosting a party
Writing thank you notes

Spiritual Self-Care

Spend time in nature
Spend time in prayer
Read inspiring words
Connect to a cause greater than you
Practice yoga
Join a spiritual community
Gratitude practice
Moments of awe
Floating in the ocean
Meditation
Forgiveness practices
Random acts of kindness

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Color in your current self-care picture, with higher values indicating higher levels of satisfaction/well-being in that category. What does the overall pattern look like? Which areas are strongest/weakest?

The chart consists of six vertical bars, each representing a different aspect of self-care. The bars are colored as follows: Physical (red), Mental (yellow), Emotional (green), Practical (blue), Social (pink), and Spiritual (purple). To the left of the bars is a vertical arrow pointing upwards, labeled 'Satisfaction / Sense of Well-Being'. The bars are currently empty, intended for coloring to represent the level of satisfaction in each category.

Category	Color
Physical	Red
Mental	Yellow
Emotional	Green
Practical	Blue
Social	Pink
Spiritual	Purple