

Self-Care Assessment

This assessment tool provides examples of effective self-care strategies. Each person's set of self-care strategies will be unique to them. After completing this assessment, choose one item from each area of self-care that you want to more actively incorporate into your plan for self-care. This self-assessment tool can also help identify potential areas of self-care you could strengthen (e.g., are all your self-care techniques in the "physical" or "emotional?"). Try to build a balance of self-care strategies across the five main areas.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care

- Eat regularly (e.g., breakfast and lunch)
- Eat healthfully
- Exercise
- Lift weights
- Practice martial arts
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when you're sick
- Get massages or other body work
- Do physical activity that is fun for you
- Get enough sleep
- Wear clothes you like; that make you feel good
- Take day trip, or mini vacations
- Get away from stressful technology such as papers, faxes, telephones, e-mail
- Other:

Psychological Self-Care

- Make time for self-reflection
- Go to see psychotherapist or counsellor for yourself
- Write in a Journal
- Read literature unrelated to work
- Do something at which you are beginner
- Take a step to decrease stress in your life
- Notice your inner experience-your dream, thoughts, imagery, feelings
- Let others know different aspects of you
- Engage your intelligence in a new area-go to an art museum, performance, sports event, exhibit, or other cultural event
- Practice receiving from others
- Be curious
- Say no to extra responsibilities sometimes
- Spend time outdoor
- Other:

Emotional Self-care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Treat yourself kindly (supportive inner dialogue or self-talk)
- Feel proud of yourself
- Reread favorite books, review favorite movies
- Identify and seek out comforting activities, objects, people, relationship, places
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in constructive ways
- Other

Spiritual Self-care

- Make time for prayer, meditation, reflection
- Spend time in nature
- Participate in a spiritual gathering, community or group
- Be open to inspiration
- Cherish your optimism and hope
- Sing
- Express gratitude
- Celebrate milestones with rituals that are meaningful to you
- Remember and memorialize loved ones who have died
- Nurture others
- Have awe-full experiences
- Contribute to or participate in causes you believe in
- Read inspirational literature
- Listen to inspiring music
- Other:

Workplace/Professional Self-care

- Take time to eat lunch and do something relaxing
- Take time to chat with co-workers on breaks
- Identify projects or that are exciting, growth-promoting, and rewarding for you and the children in your care
- Build relationships but also set appropriate limits with children, families and colleagues
- Arrange your workspace so it is comfortable and comforting to you and the children
- Get regular supervision or consultation
- Negotiate for your needs
- Have a peer support group
- Network with other childhood and youth professionals
- Other:

Adapted from the "Self Care Assessment" provided by the Australian Family and Community Services.