

Self-Care

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, dinner)
- ___ Eat healthy
- ___ 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 other physical activity that is fun
- ___ Take time to be sexual—with yourself, with 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 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 inter experience—listen to your thoughts, judgments, beliefs, attitudes, 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, theater performance
- ___ Practice receiving from others
- ___ Be curious
- ___ Stay no to extra responsibilities sometimes
- ___ 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 favorite books, re-view favorite movies
- ___ Identify comforting activities, objects, people, relationships, places and seek them out
- ___ Allow yourself to cry
- ___ Find things that make you laugh
- ___ Express you 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 it's 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 day is "too much"

___ Arrange your work space so it is comfortable and comforting

___ Get regular supervision or consultation

___ Negotiate for needs (benefits, pay raise)

___ Have a peer support group

___ Develop a non-trauma area of professional interest

___ Other:

Balance

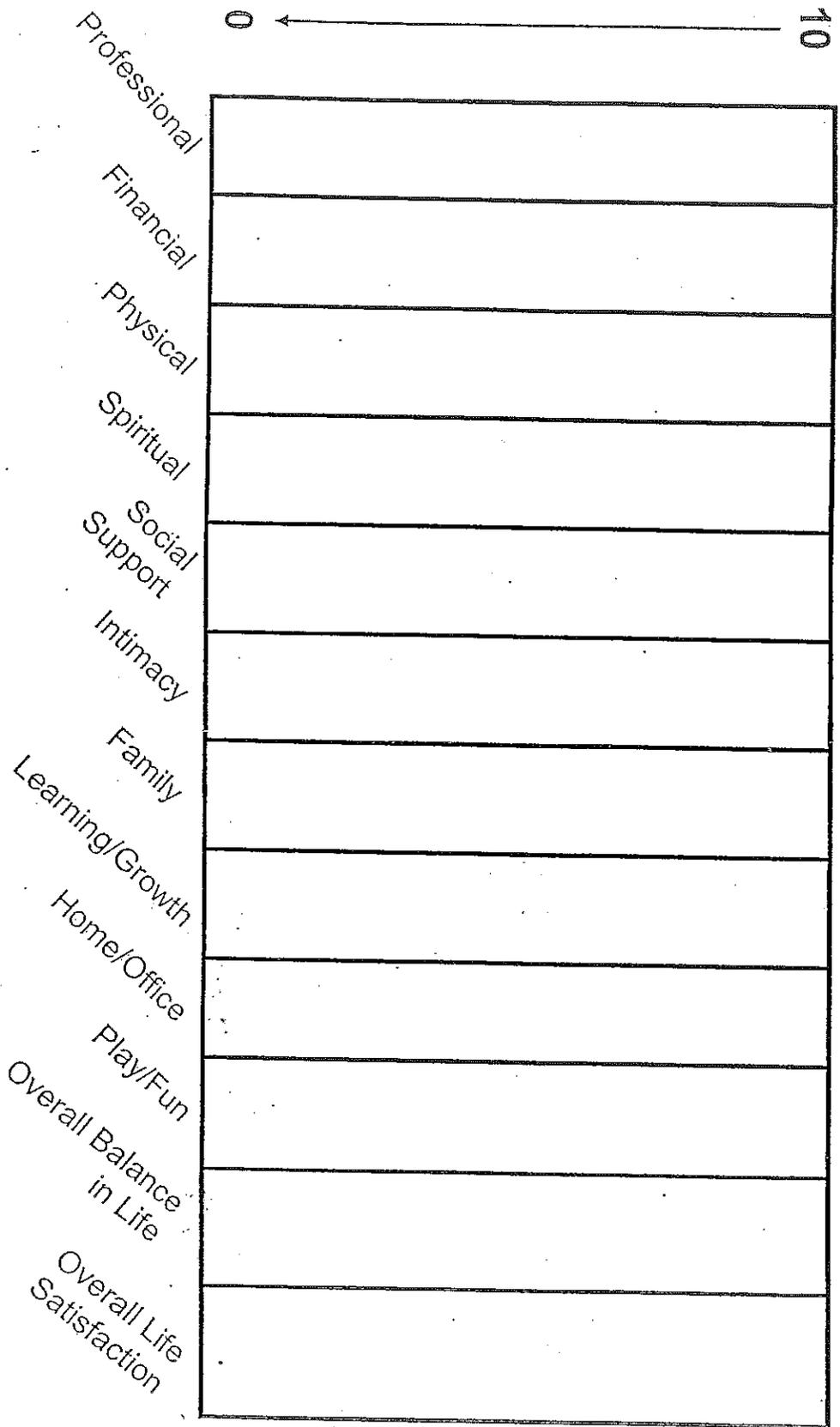
___ Strive for balance *within* your work-life and workday

___ Strive for balance *among* work, family relationships, play, and rest

Other Areas of Self-Care that are Relevant to You

Transforming the Pain: A Workbook on Vicarious Traumatization
Saakvitne, Perlman, & Staff of TSI/CAAP (Morton, 1996)

Pillars of a Balanced Life



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