

SELF – ASSESSMENT TOOL: SELF CARE

Australian
Childhood
Foundation



(ADAPTED FROM SAAKVITNE ET AL, 1996)

How often do you do the following? (Please use the following scale)

5 = Frequently

4 = Sometimes

3 = Occasionally

2 = Rarely

1 = Never

0 = It never even occurred to me

PHYSICAL SELF CARE

- Eat regularly (eg: breakfast and lunch)
- Eat healthfully
- Exercise, go to the gym, participate in team sports
- Lift weights
- Practice martial arts
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when you are sick
- Get massages or other body work
- Do physical activity that is fun for you
- Take time to be sexual
- Get enough sleep
- Wear clothes you like
- Take holidays
- Take day trips or long weekends
- Get away from stressful technology such as email, mobile phones

PSYCHOLOGICAL SELF CARE

- Make time for self reflection
- Go to see a counselor or psychotherapist for yourself
- Write in a journal
- Read something not related to work
- Do something at which you are a beginner
- Take a step to decrease stress in your life
- Notice your inner experience- your dreams, 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 event
- Practice receiving from others
- Be curious
- Say no to extra responsibilities sometimes
- Spend time outdoors

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
- Re-read favourite books or re-watch 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 a constructive way
- Play with children

SPIRITUAL SELF CARE

- Make time for prayer, meditation and reflection
- Participate in a spiritual gathering, community or group
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nontangible (non material) aspects of your life
- Be open to mystery and not knowing
- Identify what is meaningful to you and notice its place in your life
- Sing
- Express gratitude
- Celebrate milestones with rituals that are meaningful to you
- Remember and celebrate loved ones who are dead
- Nurture others
- Have awe filled experiences
- Contribute to or participate in causes you believe in
- Read inspirational literature and listen to inspiring music

WORKPLACE/PROFESSIONAL SELF CARE

- Take time to eat lunch
- Take time to chat to co-workers
- Make time to complete tasks
- Identify projects or tasks that are exciting, promote growth and are rewarding to you
- Set limits with clients and colleagues
- Balance your caseload so no one day is “too much”!
- Arrange your workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise etc)
- Have a peer support group
- Develop a non-trauma area of professional competence