Self-Care Reflection

How often do you do the following? Read the list below and rate the items as: 5 = frequently, 4 = Occasionally, 3 = Sometimes, 2 = Never, 1 = It never even occurred to me.

Physical Self Care:

* Eat regularly (e.g. breakfast & lunch) and healthily
* Exercise (e.g. go to the gym, lift weights, practice martial arts etc.)
* Get medical care when needed and for prevention
* Take time off when you’re sick
* Do a physical activity that is fun for you
* Get enough sleep

Psychological Self Care:

* Make time for self-reflection
* Go to see a therapist or counsellor for yourself
* Red literature unrelated to work (or re-read a favourite book)
* Do something at which you are a beginner
* Engage your intelligence in a new area – go to an art museum, performance, sports event, etc.
* Practice receiving form others
* Say no to extra responsibilities sometimes

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
* Identify and seek out comforting activities, objects, people, places, etc.
* Allow yourself to cry
* Find things that make you laugh
* Express your anger in a constructive way

Spiritual Self Care:

* Make time for prayer, meditation, reflection
* Spend time in nature
* Participate in a spiritual gathering, community or group
* Cherish your optimism and hope
* Identify what is meaningful to you and notice its place in your life
* Sing and/or listen to music
* Express gratitude
* Celebrate milestones with rituals that are meaningful to you
* Remember and memorialize loved ones who are dead

Workplace Self Care:

* Take time to eat lunch
* Take time to chat with co-workers
* Make time to complete tasks
* Get regular supervision or consultation
* Identify projects or tasks that are exciting, growth-promoting, and rewarding for you
* Arrange your workspace so it is comfortable and comforting
* Negotiate for you needs (benefits, pay raise)

Now, re-read the list and put a star next to one item in each category that you would like to incorporate into your daily routine. Revisit this list from time to time to help stay focused on caring for yourself.

Adapted from: Kraybill, K. Healing Hands, Health Care for the Homeless Clinicians’ Network Newsletter, Vol 6, No. 2 February 2002.

Based on your answers to the self-assessment checklist above, what are 3 things you noticed? It could be an area of self-care you do well, something you realise you don’t do at all or an area you would really like to work on.

1.

2.

3.

**Building a self-care plan for yourself**

What are 5 self care strategies you can use each week to look after yourself?

1.

2.

3.

4.

5.

Who are 2 people you could to talk to if you were really worried about how you were feeling?

1.

2.

How would you know if you might be experiencing vicarious trauma, or close to it? List 3 things you know you would be concerned about.

1.

2.

3.