

Date: \_\_\_\_\_

## Self-Care Needs Assessment

*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, and dinner)
- \_\_\_\_\_ Eat healthily
- \_\_\_\_\_ Go to the bathroom
- \_\_\_\_\_ 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 some other physical activity that is fun
- \_\_\_\_\_ Take time to be sexual with a partner
- \_\_\_\_\_ Get enough sleep
- \_\_\_\_\_ Wear clothes I like
- \_\_\_\_\_ Take vacations
- \_\_\_\_\_ Take day trips or mini-vacations
- \_\_\_\_\_ Make time away from telephones, email, TV
- \_\_\_\_\_ Other:

## **Psychological Self-Care**

- \_\_\_\_\_ Make time for self-reflection
- \_\_\_\_\_ Have my own personal psychotherapy
- \_\_\_\_\_ Write in a journal
- \_\_\_\_\_ Pay attention to my night-time dreams and record them in a journal
- \_\_\_\_\_ Read literature that is unrelated to work
- \_\_\_\_\_ Do something at which I am not an expert or in charge
- \_\_\_\_\_ Decrease stress in my life
- \_\_\_\_\_ Notice my inner experience - listen to my thoughts, judgments, beliefs, attitudes and feelings
- \_\_\_\_\_ Let others know different aspects of me
- \_\_\_\_\_ 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
- \_\_\_\_\_ Say no to extra responsibilities sometimes
- \_\_\_\_\_ Other:

## **Emotional Self-Care**

- \_\_\_\_\_ Spend time with others whose company I enjoy
- \_\_\_\_\_ Stay in contact with important people in my life
- \_\_\_\_\_ Give myself affirmations, praise myself
- \_\_\_\_\_ Love myself
- \_\_\_\_\_ Re-read favorite books, re-view favorite movies
- \_\_\_\_\_ Identify comforting activities, objects, people, relationships, places and seek them out
- \_\_\_\_\_ Allow myself to cry
- \_\_\_\_\_ Find things that make me laugh
- \_\_\_\_\_ Express my 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; say, "I don't know"
- \_\_\_\_\_ Be open to not knowing
- \_\_\_\_\_ Identify what is meaningful to me and notice its place in my life
- \_\_\_\_\_ Meditate
- \_\_\_\_\_ Pray
- \_\_\_\_\_ Sing
- \_\_\_\_\_ Spend time with children
- \_\_\_\_\_ Have experiences of awe
- \_\_\_\_\_ Take time to experience beauty
- \_\_\_\_\_ Contribute to causes in which I 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 my workload so no one day or part of a day is "too much"
- \_\_\_\_\_ Arrange your workspace so it is comfortable and comforting
- \_\_\_\_\_ Get regular supervision or consultation

- \_\_\_\_\_ Negotiate for my needs (benefits, pay raise)
- \_\_\_\_\_ Have a peer support group
- \_\_\_\_\_ Develop a new area of professional interest by reading, talking to others, or taking a workshop or class
- \_\_\_\_\_ Other:

**Balance**

- \_\_\_\_\_ Strive for balance in my work-life and workday
- \_\_\_\_\_ Strive for balance among work, family, relationships, play, and rest

**Other areas of Self-Care that are important to ME:**

## **RATING MYSELF**

### Areas of self-care:

Physical, Psychological, Emotional, Spiritual, Workplace, Balance

The area(s) in which I take care of myself best (sections scored with mostly 4's and 5's):

The area(s) in which I need to take better care of myself (sections scored with mostly 1's, 2's and 3's):

## **NOW**

I can make a commitment to myself with ONE NEW way I can implement self-care:

...today:

...this week:

...this month:

...this year:

(Adapted by Cynthia Anne Hale, Ph.D., then Rev. Marty D. Couch, LMFT, from "Self-care Assessment" developed by Saakvitne, Pearlman, & Staff of TSI/CAAP (1996) *Transforming the pain: A workbook on vicarious traumatization*. New York: Norton)