

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

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, lunch and dinner)
- ☐ Eat healthy
- ☐ Exercise
- ☐ Get regular medical care for prevention
- ☐ Take time off when needed
- ☐ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- ☐ Get enough sleep
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones, texts, email, Facebook

Psychological / Spiritual Self-Care

- ☐ Make time for self-reflection
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not expert or in charge
- ☐ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- ☐ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- ☐ Say “no” to extra responsibilities sometimes
- ☐ Find a spiritual connection or community
- ☐ Cherish your optimism and hope
- ☐ Be open to not knowing
- ☐ Identify what is meaningful to you and notice its place in your life

Adapted from:

Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

Processing Questions Following a Tragic Event

- Where were you when the event occurred?
- What were you doing and thinking before the event? What were your thoughts when you learned of the incident?
- What strategies did you use to keep yourself calm and safe?
- What are strengths you possess that helped you get through and deal with this event?
- How did you feel when you got home?
- What thoughts or reactions have you been having since the incident?
- Has anything like this happened to you or any of your family before?
- What bothers you the most about what happened?
- How do you think this will affect you in the days to come?
- What is your biggest concern or worry about the immediate future?
- What other information do you want/regarding what happened?
- What would help you feel safer right now?
- Who can you talk to about this?
- What has helped you cope when you have had to deal with difficult things in your life before? What can you do to help yourself cope now?
- What are you going to do to feel more comfortable in school today?
If you are uncertain, let's talk about what you could do?
- What do you think we could do to handle critical situations more effectively in the future?
- What did you learn about yourself through this experience?
- What are you taking away with you from this experience?
- How are you feeling now?
- Thinking back on what happened,

	not at all / a little / more than a little / very much			
How angry do you feel about it?	1	2	3	4
How sad do you feel about it?	1	2	3	4
How scared do you feel?	1	2	3	4
How relieved do you feel?	1	2	3	4

"HOW DO YOU FEEL?"

COMMON REACTIONS:

You may experience one or more of the following reactions....

- **PHYSICAL:**

- Changes in appetite
- Chest pains
- Dizzy spells
- Headaches
- Heart palpitations
- Insomnia/nightmares
- Lack of energy
- Neck or back pain
- Restlessness
- Shaky feeling

- **EMOTIONAL:**

- Anger/rage
- Anxiety or helplessness
- Denial
- Easily startled
- Flashbacks
- Heightened level of suspicion
- Inability to concentrate
- Irritability
- Overprotection of children
- Lack of interest in intimacy
- Losing trust in those you've trusted
- Loss of interest in sex