Self-Care Assessment

This assessment tool provides examples of effective self-care strategies. Each person's set of self-care strategies will be unique to them. After completing this assessment, choose one item from each area of self-care that you want to more actively incorporate into your plan for self-care. This self-assessment tool can also help identify potential areas of self-care you could strengthen (e.g., are all your self-care techniques in the “physical” or “emotional?”). Try to build a balance of self-care strategies across the five main areas.

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

<table>
<thead>
<tr>
<th>Physical Self-Care</th>
<th>Psychological Self-Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Eat regularly (e.g., breakfast and lunch)</td>
<td>☐ Make time for self-reflection</td>
</tr>
<tr>
<td>☐ Eat healthfully</td>
<td>☐ Go to see psychotherapist or counsellor for yourself</td>
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<tr>
<td>☐ Exercise</td>
<td>☐ Write in a Journal</td>
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<tr>
<td>☐ Lift weights</td>
<td>☐ Read literature unrelated to work</td>
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<tr>
<td>☐ Practice martial arts</td>
<td>☐ Do something at which you are beginner</td>
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<tr>
<td>☐ Get regular medical care for prevention</td>
<td>☐ Take a step to decrease stress in your life</td>
</tr>
<tr>
<td>☐ Get medical care when needed</td>
<td>☐ Notice your inner experiences—your dreams, thoughts, imagery, feelings</td>
</tr>
<tr>
<td>☐ Take time off when you're sick</td>
<td>☐ Let others know different aspects of you</td>
</tr>
<tr>
<td>☐ Get massages or other body work</td>
<td>☐ Engage your intelligence in a new area—go to an art museum, performance, sports event, exhibit, or other cultural event</td>
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<tr>
<td>☐ Do physical activity that is fun for you</td>
<td>☐ Practice receiving from others</td>
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<tr>
<td>☐ Get enough sleep</td>
<td>☐ Be curious</td>
</tr>
<tr>
<td>☐ Wear clothes you like, that make you feel good</td>
<td>☐ Say no to extra responsibilities sometimes</td>
</tr>
<tr>
<td>☐ Take day trips or mini vacations</td>
<td>☐ Spend time outdoors</td>
</tr>
<tr>
<td>☐ Get away from stressful technology such as papers, faxes, telephones, email</td>
<td>☐ Other:</td>
</tr>
<tr>
<td>☐ Other:</td>
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</tbody>
</table>
### 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
- Reread favorite books, review favorite movies
- Identify and seek out comforting activities, objects, people, relationship, places
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in constructive ways
- Other

### Spiritual Self-care

- Make time for prayer, meditation, reflection
- Spend time in nature
- Participate in a spiritual gathering, community or group
- Be open to inspiration
- Cherish your optimism and hope
- Sing
- Express gratitude
- Celebrate milestones with rituals that are meaningful to you
- Remember and memorialize loved ones who have died
- Nurture others
- Have awe-inspiring experiences
- Contribute to or participate in causes you believe in
- Read inspirational literature
- Listen to inspiring music
- Other:

### Workplace/Professional Self-care

- Take time to eat lunch
- Do something relaxing while children are napping or resting (stretch or listen to soothing music)
- Take time to relax at the end of the day
- Identify projects or that are exciting, growth-promoting, and rewarding for you and the children in your care
- Build relationships, but also set appropriate limits with children, families, and colleagues
- Arrange your learning environments so that it is comfortable and comforting to you and the children
- Negotiate for your needs
- Have a peer support group
- Network with other childhood and youth professionals
- Other:

This was adapted from the “Self Care Assessment” provided by the Australian Family and Community Services. There are more details and resources on the website on particular kinds of self-care such as mindfulness, breathing, and relaxation. You can even teach some of these self-care strategies to children and youth.