



# SELF-CARE CHECKLIST

The following worksheet for assessing self-care is not exhaustive, only suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how well you are taking care of yourself these days. Take particular note of anything you would like to include *more* in your life.

**Rate the following areas according to how well you think you are doing:**

5= I do this frequently  
4= I do this occasionally

3= I rarely do this  
2= I never do this

1= This never occurred to me

## PHYSICAL SELF-CARE

- Eat regularly (breakfast, lunch, dinner)
- Eat healthy
- 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 some physical activity
- Get enough sleep
- Wear clothes I like
- Take vacations
- Take stretch breaks while studying
- Other: \_\_\_\_\_

## SPIRITUAL SELF-CARE

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Be open to inspiration
- Engage in *teshuva*: Be available to accept an apology. Offer an apology.
- Be aware of non-material aspects of life
- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Engage in *t'fila*: Pray
- Sing
- Give *tzedakah* : contribute to causes in which I believe;
- Read inspirational literature or listen to inspirational music
- Other: \_\_\_\_\_

## OVERALL BALANCE

- Strive for balance within my work
- Strive for balance among work, family, relationships, play, and rest

## SOCIAL SELF-CARE

- Schedule regular dates with my partner
- Make time to see friends
- Call, check on, or see my relatives
- Spend time with my companion animals
- Stay in contact with faraway friends
- Make time to reply to personal emails and letters and send cards
- Allow others to do things for me
- Enlarge my social circle
- Ask for help when I need it
- Share a fear, hope or secret with someone I trust
- 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
- Allow myself to cry
- Find things that make me laugh
- Express my outrage in social action, letters, donations, marches
- Try at times to not be in charge or the expert
- Take day trips or mini-vacations
- Make time away from phones, email and internet
- Make time for self-reflection
- Engage in therapy sessions
- Write in a journal
- Read literature that is unrelated to work
- Be curious
- Do something at which I am not an expert or in charge
- Minimize stress in my life
- Engage my intelligence in a new area; art, show, sports
- Say no to extra responsibilities sometimes
- Other: \_\_\_\_\_

## OTHER AREAS OF SELF-CARE THAT ARE RELEVANT TO YOU:

(Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton)