

# SELF-CARE INVENTORY (Reprinted with permission)

Organizational Solutions

## *Physical Self-Care*

- ☐ Eat regularly (e.g. breakfast, lunch, and dinner)
- ☐ Eat healthily
- ☐ 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 yourself, with a partner
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips or mini-vacations
- ☐ Make time away from telephones
- ☐ Other:

## *Psychological Self-Care*

- ☐ Make time for self-reflection
- ☐ Have your own personal psychotherapy
- ☐ Write in a journal
- ☐ Read literature that is unrelated to work
- ☐ Do something at which you are not expert or in charge of
- ☐ Decrease stress in your life

- ☐ Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes and feelings
- ☐ Let others know different aspects of you
- ☐ Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theatre performance)
- ☐ Practise receiving from others
- ☐ Be curious
- ☐ Say no to extra responsibilities sometimes
- ☐ Other:

## *Emotional Self-Care*

- ☐ Spend time with others whose company you enjoy
- ☐ Stay in contact with important people in your life
- ☐ Give yourself affirmations, praise yourself
- ☐ Love yourself
- ☐ Reread favourite books, re-view favourite movies
- ☐ Identify comforting activities, objects, people, relationships, places, and seek them out
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in social action, letters, donations, marches, protests
- ☐ Play with children
- ☐ Other:

<p><b>Spiritual Self-Care</b></p> <ul style="list-style-type: none"> <li>___ Make time for reflection</li> <li>___ Spend time with nature</li> <li>___ Find a spiritual connection or community</li> <li>___ Be open to inspiration</li> <li>___ Cherish your optimism and hope</li> <li>___ Be aware of non-material aspects of life</li> <li>___ Try at times not to be in charge or the expert</li> <li>___ Be open to not knowing</li> <li>___ Identify what is meaningful to you and notice its place in your life</li> <li>___ Meditate</li> <li>___ Pray</li> <li>___ Sing</li> <li>___ Spend time with children</li> <li>___ Have experiences of awe</li> <li>___ Contribute to causes in which you believe</li> <li>___ Read inspirational literature (e.g. talks, music)</li> <li>___ Other:</li> </ul>	<p><b>Workplace or Professional Self-Care</b></p> <ul style="list-style-type: none"> <li>___ Take a break during the workday (e.g. lunch)</li> <li>___ Take time to chat with co-workers</li> <li>___ Make quiet time to complete tasks</li> <li>___ Identify projects or tasks that are exciting and rewarding</li> <li>___ Set limits with clients and colleagues</li> <li>___ Balance your caseload so no one day or part of a day is "too much"</li> <li>___ Arrange your work space so it is comfortable and comforting</li> <li>___ Get regular supervision or consultation</li> <li>___ Negotiate for your needs (benefits, pay raise)</li> <li>___ Have a peer support group</li> <li>___ Develop a non-trauma area of professional interest</li> <li>___ Other:</li> </ul> <p><b>Balance</b></p> <ul style="list-style-type: none"> <li>___ Strive for balance within your work life and work day</li> <li>___ Strive for balance among work, family, relationships, play and rest</li> </ul>
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