

Self-Care Checklist

Self-care is an important aspect of our wellbeing and mental health that is particularly important after experiencing events that increase stress and affect our ability to cope. Self-care is an ongoing practice that takes intention and patience to integrate into our daily lives.

The following worksheet can be used for assessing your current self-care routine or as a list to help you attend to yourself during these difficult times. Feel free to add areas relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

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

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical Self-Care

Eat regularly (breakfast, lunch, and dinner)

Get regular medical care for prevention

Get medical care when needed

Take time off when sick

Yoga, Stretch, Tai Chi, Dance

Do some fun physical activity

Think positive thoughts about my body

Exercise

Eat healthily

Receive/Give physical affection

Move mindfully

Get enough sleep

Get fresh air/get outside regularly

(Other) _____

Psychological Self-Care

Take breaks from the news and social media

Have my own personal psychotherapy

Take technology breaks

Read something unrelated to school/work

Notice my thoughts, beliefs, attitudes, feelings

Engage my intelligence in a new way or area

Try new things

Make time for self-reflection

Make space for downtime

Attend to minimizing life stress

Be curious

Say no to extra responsibilities

Work toward life balance

(Other) _____

Emotional Self-Care

Spend time with people who affirm my whole self

Stay in contact with important people in my life

Re-read favorite books, re-view favorite movies

Identify and seek out safe activities/places

Practice receiving care from others unapologetically

Express myself creatively (art/music/writing)

Find ways to healthily express my anger/outrage

Love myself

Allow myself to cry

Give myself affirmation/praise

Find things that make me laugh

Share your feelings without shame

Listen to/play favorite music

(Other) _____

Spiritual (or that which inspires, elicits passion/awe/perspective) Self-Care

- Make time for reflection
- Find a spiritual or awe inspiring connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational
- Spend time with elders/wise people
- Be open to inspiration
- Cherish my optimism and hope
- Invite new/bigger perspectives
- Meditate/Practice mindfulness
- Find time for prayer or praise
- Have experiences of awe
- (Other) _____

Relationship Self-Care

- Schedule regular dates with my partner/friends
- Call, check on, or see my relatives
- Share a fear or hope with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Practice healthy boundaries
- Show and receive care/love
- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Make meaningful connections
- Spend time with animals
- Practice honesty/vulnerability
- (Other) _____

School or Professional Self-Care

- Take time to chat with classmates/coworkers
- Engage in classes/projects you are passionate about
- Balance my load so that nothing is "way too much"
- Arrange work space to be comfortable
- Get regular mentoring/guidance/supervision
- Negotiate/advocate for my needs
- Make quiet time to work
- Take a break during the day
- Set limits with my peers/boss
- Have a support group
- Identify strengths/rewarding tasks
- (Other) _____

Overall Balance

- Strive for balance in all areas of my life on a daily and long-term basis
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- (Other) _____
- (Other) _____
- (Other) _____

Adapted: Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the Pain: A Workbook on Vicarious Traumatization*. Norton. Adapted by Lisa D. Butler, PhD.