This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

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Self-Care Assessment


The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are 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 but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. 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:
- 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 (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 fun physical activity
- ____ Take time to be sexual - with myself, with a partner
- ____ Get enough sleep
- ____ Wear clothes I like
- ____ Take vacations
- ____ Other:

### Psychological Self-Care

- ____ Take day trips or mini-vacations
- ____ Make time away from telephones, email, and the Internet
- ____ Make time for self-reflection
- ____ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- ____ Have my own personal psychotherapy
- ____ Write in a journal
- ____ Read literature that is unrelated to work
- ____ Do something at which I am not expert or in charge
- ____ Attend to minimizing stress in my life
- ____ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- ____ Be curious
____ Say no to extra responsibilities sometimes
____ 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
____ Identify comforting activities, objects, people, places and seek them out
____ Allow myself to cry
____ Find things that make me laugh
____ Express my outrage in social action, letters, donations, marches, protests
____ Other:

**Spiritual Self-Care**

____ Make time for reflection
____ Spend time in nature
____ Find a spiritual connection or community
____ Be open to inspiration
____ Cherish my optimism and hope
____ Be aware of non-material aspects of life
____ Try at times not to be in charge or the expert
____ Be open to not knowing
____ Identify what is meaningful to me and notice its place in my life
____ Meditate
____ Pray
____ Sing
____ Have experiences of awe
____ Contribute to causes in which I believe
____ Read inspirational literature or listen to inspirational talks, music
____ Other:

**Relationship Self-Care**

____ Schedule regular dates with my partner or spouse
____ Schedule regular activities with my children
____ 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; send holiday 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:
Workplace or Professional Self-Care

_____ Take a break during the workday (e.g., lunch)
_____ Take time to chat with co-workers
_____ Make quiet time to complete tasks
_____ Identify projects or tasks that are exciting and rewarding
_____ Set limits with clients and colleagues
_____ Balance my caseload so that no one day or part of a day is "too much"
_____ Arrange work space so it is comfortable and comforting
_____ Get regular supervision or consultation
_____ Negotiate for my needs (benefits, pay raise)
_____ Have a peer support group
_____ (If relevant) Develop a non-trauma area of professional interest

Overall Balance

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

Other Areas of Self-Care that are Relevant to You

_____
_____
_____ 