Self-Care Inventory

This tool shares effective strategies to maintain self-care. Self-rate each item in terms of frequency:
5 = Frequently  4 = Occasionally  3 = Sometimes  2 = Rarely  1 = Never

Physical Self-Care

___ Eat regular meals (i.e., breakfast, lunch, and dinner)
___ Eat healthy
___ Exercise regularly
___ Get regular, preventive medical care
___ Get medical care when needed
___ Take time off when needed
___ Engage in a physical activity that is fun (e.g., dance, swim, walk, run, play sports, etc.)
___ Get enough sleep every night
___ Wear clothes you like
___ Take day trips or vacations
___ Make time away from phones and screens
___ Other: __________________________

Psychological Self-Care

___ Make time for self-reflection
___ Write in a journal
___ Meditate/practice mindfulness
___ Read literature that is unrelated to work
___ See a therapist
___ Engage your intelligence in a new area (e.g. go to a museum, sports event, theater performance, etc.)
___ Do something at which you are not expert or in charge
___ Let others know different aspects of you
___ Practice receiving compliments from others
___ Say “no” to extra responsibilities
___ Other: __________________________

Emotional Self-Care

___ Regularly spend time with others whose company you enjoy
___ Stay in contact with important people in your life, near and far
___ Give yourself affirmations and praise
___ Re-read favorite books or re-watch favorite movies
___ Spend time in your favorite place
___ Allow yourself to cry
___ Find things that make you laugh
___ Express your opinions through social action
___ Other: __________________________
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**Spiritual Self-Care**

___ Make time for quiet reflection in nature  
___ Find a spiritual connection or community  
___ Keep a gratitude journal  
___ Identify what is meaningful to you and notice its place in your life  
___ Meditate/practice mindfulness  
___ Practice a hobby you enjoy  
___ Spend time with people you love  
___ Contribute to causes in which you believe  
___ Read inspirational literature (e.g., talks, music, etc.)  
___ 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 your clients and colleagues  
___ Balance your workload so that no one day or part of a day is “too much”  
___ Arrange your workspace so it is comfortable and inviting  
___ Seek regular mentorship  
___ Negotiate for your needs (e.g., benefits, pay raise, etc.)  
___ Cultivate a peer support group  
___ Other: _______________________________

Choose one item from each area above that you will actively work to improve.

**My Self-Care Commitments:**

1. ____________________________________________________________________________________

2. ____________________________________________________________________________________

3. ____________________________________________________________________________________

4. ____________________________________________________________________________________

5. ____________________________________________________________________________________

Adapted from *Transforming the Pain: A Workbook on Vicarious Traumatization* (Norton, 1996)