



Frameworks

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: _____

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

**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.**

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)