

SELF-CARE WORKSHEET

The following worksheet for self-care is merely suggestive so feel free to add on to it. When you have completed the worksheet, look for patterns in your responses. Are you more active in some areas of self-care and ignore others? Listen to your body. What do you want to include more in your life? You may notice that some of the tasks are also present in more than one category.

Rate the following areas according to:

3 = I do this frequently

2 = I do this occasionally

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

PHYSICAL

Eat regularly

Eat healthily

Exercise at least once twice a week (15 min min)

Get enough sleep so that I don't get sleepy during the day

Take time off and rest when I'm sick or not feeling well

Seek medical care when needed

Take my medication and/or vitamin regularly

Do fun active activities (skateboarding, biking, gardening, dancing, beachcombing etc.)

Comfortable expressing my sexuality

Take a mini vacation or day trips

I cook my own meals regularly

I have a daily routine

OTHER

PSYCHOLOGICAL

Taking time away from technology

Notice my inner experience: my thoughts, my beliefs, my feelings etc.

Make time for self-reflection

Have my own therapist/counselor/group

Write/draw in a journal

Say NO to extra responsibilities

Exploring & embracing my identity

Asking for help when I need to

Receiving help from others

Be authentic

Set reachable and realistic goals with strategies to accomplish them

Identify my own set of values and beliefs

Feeling safe and secure where I live

Embrace and celebrate my sexuality

___ OTHER

EMOTIONAL

- ___ Express my emotions and feelings safely
- ___ Spend time with whose company I enjoy
- ___ Stay in contact with people I love
- ___ Give myself affirmations/praise myself
- ___ Allowing myself to cry
- ___ Be vulnerable in front of those whom I trust
- ___ Find things that make me laugh out loud
- ___ Identify positive comforting activities
- ___ Re-read favorite books/re-watch favorite movies
- ___ Allowing myself to feel my emotions and feelings
- ___ Explore new coping skills
- ___ Explore new interests and hobbies
- ___ Taking time off to celebrate my family traditions and cultural holidays
- ___ Allowing myself to take a mental health day
- ___ OTHER

PERSONAL

- ___ Make time for my friends and loved ones
- ___ Schedule regular dates with my partner/spouse
- ___ Spend time with my pets
- ___ Explore and embrace my identity
- ___ Identify my own set of values and beliefs
- ___ Set reachable and realistic goals with strategies to accomplish them
- ___ Share a hope, secret, fear with someone I love and trust
- ___ Laugh/cry with someone I care about
- ___ Do fun activities with my friends and loved ones (karaoke, cooking, boardgames etc.)
- ___ Handle conflicts effectively
- ___ Able to have tough conversations with my support system
- ___ OTHER

SPIRITUAL

- ___ Make time for self-reflection regularly
- ___ Spend time in nature
- ___ Read books that inspire me
- ___ Listen to inspirational talks or music
- ___ Find a spiritual connection with a group (yoga, meditation, pray etc.)
- ___ Cherish my hopes and dreams
- ___ Be aware of non-material things in my life
- ___ Be open to not knowing
- ___ Identify what is meaningful in my life right now

- Meditate regularly
- Make a gratitude list
- Contribute and volunteer to causes I believe in
- Able to embrace and practice my religion/belief in a non-judgmental environment
- OTHER

WORK/SCHOOL

- Take a break from work/school when needed
- Saying "NO" to overtime and create boundaries between work/school and personal life
- Find time to chat and connect with colleagues or classmates
- Take short frequent breaks (5 min) throughout the day
- Identify projects and/or tasks that are rewarding and exciting
- Create a sense of balance
- Arrange my workspace/study space
- Regular supervision at work
- Regular visits with school advisor
- Set small goals to continue to learn about the things that I'm interested in
- Peer support
- Identify positive support and resources at work/school
- Culturally sensitive environment
- Supportive work/school cohort
- Able to take a mental health day from work/school
- OTHER

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