

Example of 'Assessment of Self-Care Worksheet'

- ◆ **Physical**
 - I go to the gym twice a week and work out for about an hour.
 - I eat healthily - fresh fruit and vegetables every day.
 - I feel refreshed when I wake up in the morning.
 - I limit my cups of coffee to 4 per day.
 - I take vacations 3 times a year.
 - I always wear clothes I feel good in.
 - I give and receive hugs from my close friends regularly.

- ◆ **Psychological**
 - I keep a daily journal.
 - I have personal therapy each week.
 - I allow time each day to listen to my inner thoughts.
 - I trust my intuition.
 - I read science fiction books for pleasure.
 - I have started to learn how to play the drums.

- ◆ **Emotional**
 - I arrive home from work at 6pm each day so that I can spend time relaxing with my family in the evening.
 - I have a support network of friends and colleagues.
 - I celebrate small victories and breakthroughs with colleagues at the agency where I work.
 - I watch an episode of Seinfeld before I go to bed!
 - I make time to play with my children every day.
 - I am involved in a campaign to plant more trees.

- ◆ **Spiritual**
 - I go for walks in the countryside every other day.
 - I love to write songs.
 - I play the guitar every day.
 - I garden at the weekend.
 - I pray every day.
 - I listen to music every day.

- ◆ **Professional**
 - I attend a peer support group every two weeks.
 - This group challenges me when necessary.
 - I accept their challenges and feel I can be open and honest.
 - I attend additional training as often as possible.
 - I have regular supervision.
 - I make time each day to eat lunch.

- ◆ **Balance**
 - I recognize that I need to spend more time with my children.
 - I am going to re-arrange my work schedule to make this happen.
 - I am going to find a dance class where I can learn salsa!
 - I need to take more vacations and will discuss this tomorrow with the co-ordinator of the agency where I work.