

## Self-Care Inventory

Rate the following areas in frequency:

4=Daily 3=Couple times a week 2=Few times a month 1=Rarely/Never 0=Never occurred to me

### Physical Self-Care

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| Eat regularly   |
| Eat healthy   |
| Exercise consistently   |
| Get regular medical care for prevention   |
| Get medical care when necessary   |
| Take time off when sick   |
| Dance, swim, walk, run, play sports, sing or some other physical activity you enjoy |
| Get enough sleep  |
| Take vacations  |
| Wear clothes you like   |
| Take day trips or mini-vacations  |
| Make time away from telephones  |

### Workplace or Professional Self-Care

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| Allow for breaks during the day                                  |
| Engage with co-workers   |
| Provide self quiet time/space to complete tasks                  |
| Participate in projects or tasks that are exciting and rewarding |
| Set limits/boundaries  |
| Balance workload   |
| Arrange workspace for comfort                                    |
| Maintain regular supervision or consultation                     |
| Negotiate needs  |
| Participate in peer support group                                |

### Psychological Self-Care

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| Make time for self-reflection  |
| Engage in personal therapy   |
| Write in a journal   |
| Read literature (unrelated to work)  |
| Do something in which you are not an expert or in charge   |
| Cope with stress   |
| Notice inner experience (e.g. listen to and recognize thoughts, judgements, beliefs, attitudes, and/or feelings) |
| Provide others with different aspects of yourself (e.g. communicate your needs and wants)                        |
| Try new things   |
| Practice receiving from others   |
| Improve ability to say "no" to extra responsibilities  |

### Spiritual Self-Care

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| Allow time for reflection  |
| Spend time with nature   |
| Participate in a spiritual community   |
| Open to inspiration  |
| Cherish own optimism and hope  |
| Be aware of nonmaterial aspects of life  |
| Cultivate ability to identify what is meaningful and its pace in personal life |
| Meditate/pray  |
| Contribute to causes in which you believe                                      |
| Read inspirational literature  |

Review your answers. Take this opportunity to appreciate your areas of strength while making positive changes in areas with significantly low scores to improve balance in life.