**Jeff Rutherford : Self-Care Assessment and Reflection**

Using the scale below, rate the following areas in terms of frequency:

 5 = Frequently

 4 = Occasionally

 3 = Rarely

 2 = Never

 1 = It never occurred to me

**Physical Self-Care**

|  |  |
| --- | --- |
| 4 | Eat regular healthy meals (e.g., breakfast, lunch, and dinner)  |
| 3 | Exercise  |
| 5 | Get regular medical care for prevention  |
| 5 | Get medical care when needed  |
| 4 | Take time off when needed  |
| 4 | Participate in a hobby you enjoy |
| 5 | Get enough sleep  |
| 3 | Take vacations, day trips, or mini-vacations |
| 4 | Make time away from technology |
| Rating | Other:  |

**Psychological Self-Care**

|  |  |
| --- | --- |
| 4 | Make time for self-reflection  |
| 4 | Have your own personal psychotherapy  |
| 2 | Write in a journal  |
| 4 | Do something at which you are not an expert or in charge  |
| 3 | Decrease stress in your life  |
| 4 | Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings  |
| 3 | Engage your intelligence in a new area (e.g., go to an art museum, history exhibit, sports event, auction, or theater performance)  |
| 3 | Practice receiving from others  |
| 3 | Say “no” to extra responsibilities sometimes |
| Rating | Other: |

**Emotional Self-Care**

|  |  |
| --- | --- |
| 3 | Spend time with others whose company you enjoy  |
| 4 | Stay in contact with important people in your life  |
| 3 | Give yourself affirmations, praise yourself  |
| 4 | Identify comforting activities, objects, people, relationships, places, and seek them out  |
| 3 | Allow yourself to cry  |
| 5 | Find things that make you laugh  |
| 2 | Express your outrage in social action, letters and donations, marches, and protests  |
| Rating | Other: |

**Spiritual Self-Care**

|  |  |
| --- | --- |
| 4 | Make time for spiritual reflection  |
| 4 | Spend time with nature, see what God created |
| 3 | Find a spiritual connection or community  |
| 5 | Be open to inspiration  |
| 5 | Cherish your optimism and hope  |
| 5 | Be aware of nonmaterial aspects of life  |
| 4 | Be open to not knowing  |
| 4 | Identify what is meaningful to you and notice its place in your life  |
| 3 | Meditate  |
| 4 | Pray  |
| 5 | Sing  |
| 3 | Have experiences of awe  |
| 4 | Contribute to causes in which you believe  |
| 4 | Read inspirational literature (talks, music, etc.)  |
| Rating | Other: |

**Workplace or Professional Self-Care**

|  |  |
| --- | --- |
| 5 | Take a break during the workday (e.g., lunch)  |
| 4 | Take time to chat with co-workers  |
| 3 | Make quiet time to complete tasks  |
| 4 | Identify projects or tasks that are exciting and rewarding  |
| 4 | Set limits with your clients and colleagues  |
| 4 | Balance your caseload so that no one day or part of a day is “too much”  |
| 4 | Arrange your workspace so it is comfortable and comforting  |
| 5 | Get regular supervision or consultation  |
| 1 | Have a peer support group  |
| Rating | Other: |

**Balance**

|  |  |
| --- | --- |
| 4 | Strive for balance within your work-life and workday  |
| 4 | Strive for balance among work, family, relationships, play, and rest |

**Part 2: Self-Care Reflection**

**Directions:** Provide short answers, 100-150 words, for each of the following questions/statements. Do not exceed 200 words for your response.

1. In what specific areas have you noticed strengths in your self-care ? Explain.

I am self aware and acknowledge my need for self care both on a professional and personal level. At times it is difficult to make myself engage in self care in active ways such as socializing and engaging in activities, but I am able to make myself do these things anyway because I know that it is important for maintaining my ability to administer effective care.

I am aware of the importance that self-care has toward making me an effective and ethical therapist. I value self-care and seek to promote self-care both personally and for the individuals I am working with.

1. What growth areas are you noticing? What healthy strategies will support your development?

I used to think self-care was simply resting, but now I realize the importance of actively taking part in self-care in physical ways such as exercising, hiking in nature, playing the guitar, singing, and other physical activities. Practicing self-care is more than just taking naps and extra days off. It takes actual effort to practice self-care.

I plan on utilizing my ability to be mindful to maintain my awareness of my own self-care needs while also being able to determine the self-care needs of the clients I am working with.

Adapted from *Transforming the Pain: A Workbook on Vicarious Traumatization*. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)