

## **Self-care Inventory**

Adapted from The Compassion Fatigue Workbook

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**How frequently do you engage in the following?**

**0=never      1=rarely      2=sometimes      3=often      4=frequently**

### **Physical Self-care**

- Eat regular meals
- Eat food that is healthy for your body
- Exercise
- Preventative medical care
- Medical care when needed
- Take time off when sick
- Get massages
- Engage in fun physical activity (e.g. dancing, swimming, play sports, cycling, walking, running, etc.)
- Take time to be sexual-- with yourself or a partner
- Get enough sleep
- Wear clothes you like
- Take time off
- Make time away from telephones and computers
- Other: \_\_\_\_\_

### **Psychological Self-care**

- Make time for self-reflection
- Read literature unrelated to work
- Write in a journal

- Work with a therapist/counselor
- Intentionally decrease stress
- Be curious
- Noticing your inner experience (e.g. thoughts, judgements, beliefs, attitudes, feelings)
- Practice receiving from others
- Say no to extra responsibilities
- Delegate responsibilities when possible
- Do something where you are not an expert or in charge
- Make time for creative expression
- Create time for rest
- Uni-task (vs. multi-tasking)
- Other: \_\_\_\_\_

### **Emotional Self-care**

- Connect with others whose company you enjoy
- Stay in contact with important people in your life
- Acknowledge your successes
- Encouraging “self-talk”
- Offer yourself compassion when you are struggling
- Laugh
- Allow yourself to cry
- Express anger through social action (e.g. letters, protests, marches)
- Play with children
- Play with animals
- Identify and seek out activities/people/places that bring you comfort
- Re-read favorite books or poems, re-watch favorite movies
- Identify and communicate your needs within your family and/or the workplace
- Other: \_\_\_\_\_

### **Spiritual Self-care**

- Spend time in nature
- Access spiritual connection or community
- Cherish your optimism or hope
- Be open to not knowing
- Sing
- Pray
- Meditate
- Have gratitude
- Have experiences of awe
- Be open to inspiration
- Listen to music
- Contribute to causes you believe in
- Read inspirational literature or watch inspirational videos
- Cultivate mindfulness of your own experience and of the world around you
- Make meaning from the difficulties you encounter

### **Professional Self-care**

- Take time to eat lunch
- Take a short break during the workday
- Take time to connect with your co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are rewarding or exciting
- Set limits with clients and colleagues
- Engage in mindful debriefing
- Balance your workload so it is less overwhelming
- Create a workspace that is pleasing and comfortable
- Get regular supervision and consultation
- Negotiate for your needs (e.g. benefits, pay raise, etc.)

- Have a peer support group
- Other: \_\_\_\_\_

**Balance**

- Strive for balance WITHIN your work-life and workday
- Strive for balance BETWEEN work, family, relationships, play and rest.

***Now, circle one item from each subheading that you'd like to raise one level (e.g. from "sometimes" to "often") over the next couple of weeks.***