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: ___________________________
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:

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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.)
o Have a peer support group
o Other: ________________________________

Balance

o Strive for balance WITHIN your work-life and workday
o 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.