

## Self care evaluation

Read the five categories of self care activities and rate them in terms of how often you do them:

5 = frequently; 4 = occasionally; 3 = rarely; 2 = never; 1 = it never occurred to me.

<b>Physical self care</b>	<b>Psychological self care</b>	<b>Emotional self care</b>	<b>Spiritual self care</b>	<b>Professional self care</b>
Eat healthily and regularly	Make time for reflection	Express your feelings	Make time for reflection	Get regular supervision or consultation time
Exercise or move regularly	Write in a journal	Acknowledge your abilities and self worth	Spend time with nature	Have a peer support group
Take time off when sick	Notice your inner experiences. Process your self-talk	Give yourself affirmations	Find a spiritual connection or community	Take a break during the day (eg lunch)
Get enough sleep	Say no to extra responsibilities	Identify comforting activities, objects, people, places and seek them out	Meditate or pray	Have a decompression ritual
Drink enough water	Don't take comments personally	Allow yourself to cry	Identify what is meaningful for you and notice its place in your life	Set limits with clients and colleagues
Make time away from telephones	Do something at which you are not an expert	Find things that make you laugh	Sing, dance or take up drumming or yoga	Take time to chat with co-workers
Get regular massage or body work	Have your own personal therapy	Play with children	Express yourself creatively	Strive for balance
Take time to be sexual	Practice receiving from others	Spend time with others whose company you enjoy	Read inspirational literature	Take part in staff development programmes
Take day trips or mini holidays	Be curious	Stay in contact with important people in your life	Be open to not knowing, mystery and letting go	Have celebration of work events
Pay heed to what your body is telling you	Decrease your stress	Love yourself	Have experiences of awe and inspiration	Identify projects or tasks that are exciting and rewarding