SELF CARE INVENTORY

Physical Self-Care

___ Eat Regularly (e.g. breakfast, lunch, dinner)
___ Eat healthily
___ Exercise
___ Get regular medical care for prevention
___ Get medical care when needed
___ Take time off when sick
___ Get massages
___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
___ Take time to be sexual – with yourself, with a partner
___ Get enough sleep
___ Wear clothes you like
___ Take vacations
___ Take day trips or mini-vacations
___ Make time away from telephones
___ Other:

Psychological Self-Care

___ Make time for self-reflection
___ Have your own personal psychotherapy
___ Write in a journal
___ Read literature that is unrelated to work
___ Do something at which you are not expert or in charge of
___ Decrease stress in your life
___ Notice your inner experience – listen to your thoughts, judgments, beliefs, attitudes and feelings
___ Let others know different aspects of you
___ Engage your intelligence in a new area (e.g. go to an art museum, history exhibit, sports event, auction, theater performance)
___ Practice receiving from others
___ Be curious
___ Say no to extra responsibilities sometimes
___ Other:

Emotional Self-Care

___ Spend time with others whose company you enjoy
___ Stay in contact with important people in your life
___ Give yourself affirmations, praise yourself
___ Love yourself
___ Reread favorite books, re-view favorite movies
___ Identify comforting activities, objects, people, relationships, places, and seek them out
___ Allow yourself to cry
___ Find things that make you laugh
___ Express your outrage in social action, letters, donations, marches, protests
___ Play with children
___ Other:

Mark "X" for what you already do. Mark "O" for what you wish you did more.

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Spiritual Self-Care	***Workplace or Professional Self-Care***
___ Make time for reflection ___ Spend time with nature ___ Find a spiritual connection or community ___ Be open to inspiration ___ Cherish your optimism and hope ___ Be aware of non-material aspects of life ___ Try at times not to be in charge or the expert ___ Be open to not knowing ___ Identify what you is meaningful to you and notice its place in your life ___ Meditate ___ Pray ___ Sing ___ Spend time with children ___ Have experiences of awe ___ Contribute to causes in which you believe ___ Read inspirational literature (e.g. talks, music) ___ Other:	___ Take a break during the work day (e.g. lunch) ___ Take time to chat with co-workers ___ Make quiet time to complete tasks ___ Identify projects or tasks that are exciting and rewarding ___ Set limits with clients and colleagues ___ Balance your caseload so no one day or part of a day is "too much." ___ Arrange your work space so it is comfortable and comforting ___ Get regular supervision or consultation ___ Negotiate for your needs (benefits, pay raise) ___ Have a peer support group ___ Develop a non-trauma area of professional interest ___ Other: **Balance:** ___ Strive for balance with your work life and work day ___ Strive for balance among work, family, relationships, play and rest

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Developing a Compassion Fatigue Protection Plan

What components will go into my plan?

What are my warning signs and symptoms?

Who will I check in with to hold me accountable or to cue me?

What things do I have control over in my life?

How will I relieve stress in a way that works for me?
(Intervention)

What stress prevention/reduction strategies will I use?
(Prevention)

Adapted from Francoise Mathieu: Compassion Fatigue Train the Trainer Workbook (2008)

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Commitment to Changes I could make in the next…

Week:

Month:

Year:

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