



Self-Assessment Tool

Rate yourself against the following, where 5 = frequently and 1 = never

Physical self-care	Rating
Eat regularly	
Eat healthfully	
Exercise	
Take time off when sick	
Have a massage or other body work	
Get enough sleep	
Take holiday and mini-trips	

Psychological self-care	Rating
Make time for self-reflection	
Write or journal	
Read literature (non-work related)	
Say no to extra responsibility	
Engage in creative activity	
Spend time outdoors	
Practice mindfulness, meditation, present-‘moment-ness’	
Spend time outdoors	

Spiritual & cultural self-care	Rating
Make time for prayer, or similar spiritual practice	
Participate in a community gathering	
Express gratitude	
Celebrate milestones, practice rituals	
Contribute to causes you believe in	
Participate in music, dance, literature and stories etc.	
Return to Country trips	

Work self-care	Rating
Take time to eat lunch and go to the toilet!	
Take time to talk with co-workers about non-work related things	
Engage in tasks that promote growth, are exciting or rewarding	
Set limits with colleagues and clients	
Have a comfortable and comforting work station/setting	
Take mindfulness breaks	
Get regular peer support and reflective supervision	

Emotional self-care	Rating
Spend time with people you enjoy	
Feel proud of your achievements	
Engage in comforting activities	
Laugh	
Validate yourself	

Emotional self-care Cont.	Rating
Give yourself a break	
Treat yourself kindly	
Reward yourself	
Play	

How did you go? Where could there be improvement? What would you like to do more of/less of?
