

Looking After Yourself (Self-Care)

Continued

3 = I do this well (e.g. frequently)

2 = I do this OK (e.g. occasionally)

1 = I barely or rarely do this

0 = I never do this

?= This never occurred to me

Relationship Self-Care

- Schedule regular dates with my family, partner or spouse, if applicable
- Schedule regular activities with my children, if applicable
- Make time to see friends
- Call, check on, or see my relatives Spend time with my companion animals Stay in contact with faraway friends
- Make time to reply to personal emails and letters; send holiday cards
- Allow others to do things for me Enlarge my social circle
- Ask for help when I need it
- Share a fear, hope or secret with someone I trust
- Other:

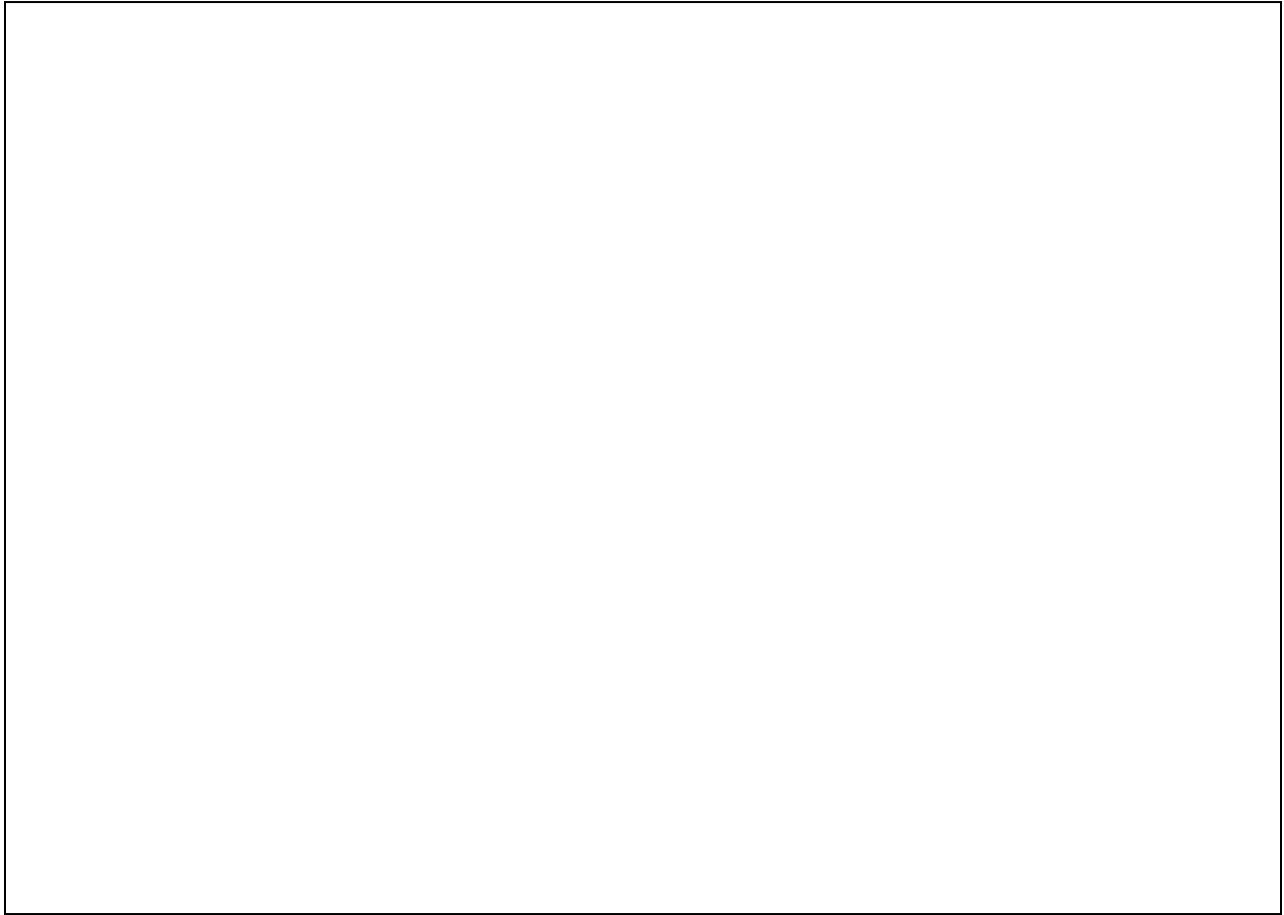
Workplace or Professional Self-Care

- Take a break during the workday
- (e.g. lunch)
- Take time to chat with co-workers,
- if applicable
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and co-workers
- Balance my workload so that no one day or part of a day is “too much”
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits,
- pay rise, better terms)
- Have a peer support group
- Other:

Overall Balance

- Strive for balance within my work-life and work day
- Strive for balance among work, family, relationships, play and rest

Other Areas of Self-Care that are relevant to you

A large, empty rectangular box with a thin black border, intended for the user to write down other areas of self-care that are relevant to them.