

Looking After Yourself (Self-Care)

It is important to take the time to reflect on how well we are looking after ourselves and identify our own individual ways of maintaining or improving our well-being.

The following worksheet is a simple and practical way of identifying how well we are taking care of ourselves and can help to identify any areas for improvement.

The list below is not exhaustive, it is merely suggestive. Feel free to add areas of self-care that are relevant to you and rate yourself on how often and how well you do these.

Rate the following areas according to how well you think you are doing:

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

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch & dinner)
- Eat healthily
- Get enough sleep
- 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 fun physical activity
- Wear clothes I like
- Take holidays
- Other:

Psychological Self-Care

- Take day trips or time away from the farm
- Make time away from telephones, email and the internet
- Make time for self- reflection
- Notice my inner experience- listen to my thoughts, beliefs, attitudes, feelings
- Have my own personal talking therapy (e.g. counselling)
- Write in a journal
- Read literature that is unrelated to work
- Do something at which I am not expert or in Charge
- Attend to minimizing stress in my life

- Engage my intelligence in a new area e.g. go to an art show, sports event, theatre
- Be curious
- Say no to extra responsibilities sometimes
- Other

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Continued

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Emotional Self-Care

- Spend time with others whose company I Enjoy
- Stay in contact with important people in my Life
- Give myself affirmations, praise myself
- Love myself
- Re-read favourite books
- re-view favourite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to cry
- Find things that make me laugh
- Express my outrage in social action, letters, donations, marches, protests
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community Be open to inspiration
- Cherish my 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 is meaningful to me and notice its place in my life
- Meditate/ Pray
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks/ music
- Other:

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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:

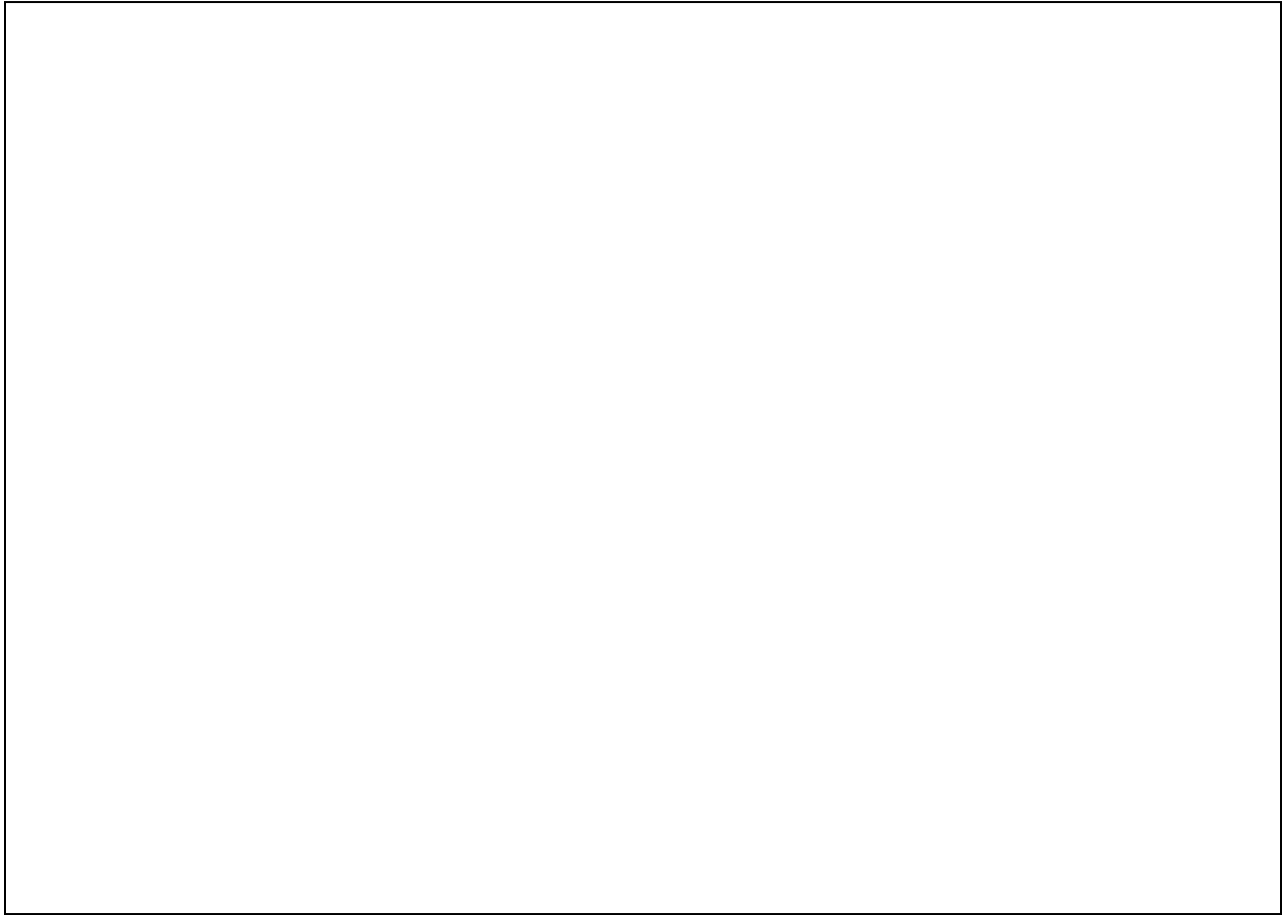
Workplace or Professional Self-Care

- 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 relevant to them.