



Self Care Checklist

Physical Self-Care:

- Eat regularly (breakfast, lunch, dinner)
- Eat healthily
- Exercise
- Get enough sleep
- Get regular medical care for prevention
- Wear clothes you like
- Get medical care when needed
- Take vacations
- Take time off when sick
- Take day trips or mini-vacations
- Get massages
- Take time away from telephones
- Dance, swim, walk, run, play sports, or do some fun physical activity
- Other: _____

Psychological Self-Care:

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

Emotional Self-Care:

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Allow yourself to cry
- Find things that make you laugh
- Give yourself affirmations, praise
- Express your outrage in social action
- Love yourself
- Play with children
- Identify comforting activities, objects, people, relationships, places.
- Other: _____

Spiritual Self-Care:

- Make time for reflection
- Meditate
- Pray
- Sing
- 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 to not be in charge or the Expert
- Be open to not knowing
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature
- Identify what is meaningful to you
- Other: _____

Workplace or Professional Self-Care:

- Take a break during the workday
- 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
- Arrange your workspace so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate your needs (benefits, pay)
- Have a peer support group
- Balance your caseload so no one day or part of a day is "too much"
- Develop non-work areas of professional Interest
- Other: _____

Balance:

- Strive for balance within your work-life and workday
- Strive for balance among work, family, relationships, play and rest

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