Self-Care Inventory

Rate the following areas in frequency:

- **5** = Frequently
- **4** = Occasionally
- $\bm{3} = \mathsf{Rarely}$
- $\mathbf{2} = Never$
- $\mathbf{1} = \mathsf{It} \mathsf{ never occurred to me}$

Physical Self-Care		
	Eat regularly (e.g. breakfast, lunch and dinner)	
	Eat healthy	
	Exercise consistently	
	Get regular medical care for prevention	
	Get medical care when necessary	
	Take time off when sick	
	Dance, swim, walk, run, play sports, sing or do some other physical activity that is enjoyable to self	
	Take time to be sexual	
	Get enough sleep	
	Take vacations	
	Wear clothes you like	
	Take day trips or mini-vacations	
	Make time away from telephones	
	Other	

Psychological Self-Care	
	Make time for self-reflection
	Engage in personal psychotherapy
	Write in a journal
	Read literature that is unrelated to work
	Do something in which you are not an expert or in charge

Cope with stress in personal and/or work life
Notice inner experience (e.g., listen to and recognize thoughts, judgments, beliefs, attitudes and feelings)
Provide others with different aspects of self (e.g., communicate needs and wants)
Try new things
Practice receiving from others
Improve ability to say "no" to extra responsibilities
Other

Emotional Self-Care		
Allow for quality time with others whose company you enjoy		
Maintain contact with valued others		
Give self affirmations and praise		
Love self		
Reread favorite book or review favorite movies		
Identify and engage in comforting activities, objects, people, relationships and places		
Allow for feeling expression (laugh, cry, etc)		
Other		

Spiritual Self-Care		
Allow time for reflection		
Spend time with nature		
Participate in a spiritual community		
Open to inspiration		
Cherish own optimism and hope		
Be aware of nonmaterial aspects of life		
Cultivate ability to identify what is meaningful and its place in personal life		
Meditate/pray		
Contribute to causes in which you believe		
Read inspirational literature (lectures, music etc)		

Workplace or Professional Self-Care		
Allow for breaks during the workday		
Engage with co-workers		
Provide self quiet time/space to complete tasks		
Participate in projects or tasks that are exciting and rewarding		
Set limits/boundaries with clients and colleagues		
Balance workload/cases		
Arrange work space for comfort		
Maintain regular supervision or consultation		
Negotiate needs (benefits, bonuses, raise, etc)		
Participate in peer support group		
Other		

* Review assigned numbers. Appreciate areas of strengths while making positive changes in areas with significantly low scores to improve balance in life.

Adapted by Mental Health Services for Homeless Persons, Inc. (MHS), Cleveland, OH. Used with permission. Original source: Unknown.