Self-care audit

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

- **5** Frequently (I make it a priority)
- **4** Fairly regularly (I do it if I can)
- **3** Occasionally (ad hoc with some pattern of frequency)
- **2** Rarely (ad hoc with no pattern of frequency)
- **1** Never (not at all or never even occurred to me)

### Physical self-care
- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat a healthy diet
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Wear clothes you like
- Take holidays
- Take day trips or short breaks
- Make time away from telephones
- Other

### Psychological self-care
- Make time for self-reflection
- Write in a journal
- Read books, etc. that are unrelated to work
- Do something in which you are not the expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience – listen to your thoughts, judgements, beliefs, attitudes, and feelings
Engage your intelligence in a new area, e.g. go to an art gallery, history exhibit, sports event, auction, theatre

Practise receiving from others

Be curious

Say no to extra responsibilities sometimes

Other

**Emotional self-care**

Spend time with others whose company you enjoy

Stay in contact with people important to you

Give yourself affirmation, praise yourself

Love yourself

Re-read favourite books/re-watch favourite films

Identify comforting activities, objects, relationships, places and seek them out

Allow yourself to cry

Find things that make you laugh

Express your outrage in social action, letters and donations, marches, protests

Other

**Spiritual self-care**

Make time for reflection

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 not to be in charge or the expert

Be open to not knowing

Identify what is meaningful to you and notice its place in your life

Meditate

Pray

Sing

Have experiences of awe

Contribute to causes in which you believe

Seek out things that inspire you (books, talks, podcasts, music, etc.)

Other
Workplace or professional self-care

☐ Take a break during the work day (e.g. lunch)
☐ 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 your parishioners/colleagues
☐ Balance your workload so that no one day or part of a day is ‘too much’
☐ Arrange your work space so it is relaxing and comforting
☐ Get regular supervision or consultation
☐ Have a peer support group
☐ Develop a non-stressful area of professional interest
☐ Other

Balance

☐ Strive for balance within your work life and work day
☐ Strive for balance in work, family life, relationships, play and rest

What stands out that you want to improve on most?

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