## Self Care Inventory

### Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, dinner)
- Eat healthily
- 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 physical activity that is fun
- Take time to be sexual – with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from telephones
- Other:

### Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Reread favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places, and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters, donations, marches, protests
- Play with children
- Other:

Mark “X” for what you already do. Mark “O” for what you wish you did more.
<table>
<thead>
<tr>
<th>Developing a Compassion Fatigue Protection Plan</th>
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</thead>
<tbody>
<tr>
<td><strong>What components will go into my plan?</strong></td>
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<tr>
<td><strong>What are my warning signs and symptoms?</strong></td>
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<tr>
<td><strong>Who will I check in with to hold me accountable or to cue me?</strong></td>
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<tr>
<td><strong>What things do I have control over in my life?</strong></td>
</tr>
</tbody>
</table>
| **How will I relieve stress in a way that works for me?**  
  (Intervention) |
| **What stress prevention/reduction strategies will I use?**  
  (Prevention) |

Adapted from Françoise Mathieu: Compassion Fatigue Train the Trainer Workbook (2008)
Commitment to Changes I could make in the next...

Week:

Month:

Year:
### 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 you is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (e.g. talks, music)
- 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 clients and colleagues
- Balance your caseload so no one day or part of a day is “too much.”
- Arrange your work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for your needs (benefits, pay raise)
- Have a peer support group
- Develop a non-trauma area of professional interest
- Other:

### Balance:
- Strive for balance with your work life and work day
- Strive for balance among work, family, relationships, play and rest