

**PRACTICE 5: SELF-CARE & REVITALIZATION WORKSHEET<sup>1</sup>**

How frequently do you engage in the following?

0                      1                      2                      3                      4  
 Never                Rarely                Sometimes            Often                Frequent

**Physical Self-Care**

- Aerobic activity: Exercise regularly (3 times per week)
- Eat regularly (e.g., breakfast, lunch, & dinner)
- Eat healthy foods
- Tone muscles
- Preventative medical care
- Medical care when needed
- Take time off work when sick
- Get massages
- Dance, swim, walk, run, play sports, sing, or do other physical activity you enjoy
- Take time to be sexual
- Get enough sleep
- Wear clothes you like
- Take vacations

**Psychological Self-Care**

- Relaxing your muscles at work
- Relaxing your muscles in personal life
- Make time away from demands
- Write in a journal
- Read literature that is unrelated to work
- Do something at which you are not an expert or in charge
- Let others know different aspects of you
- Be curious
- Say no to extra responsibilities
- Decrease stress in your life

**Emotional Self Care**

- Connect with others whose company you enjoy
- Love yourself
- Laugh
- Cry
- Play with animals
- Play with children
- Identify comforting activities, objects, people, places and seek them
- Express anger in social action (i.e., letters to newspapers, donations, marches, gatherings)
- Be of service to others

<sup>1</sup> Adapted from *Risking Connection: A Training Curriculum for Working with Survivors of Childhood Sexual Abuse*. Saakvitne, K.W., Gamble, S., Pearlman, L.A., Lev, B.T. (2000). Baltimore, MD: Sidran Press.

**Spiritual Self-Care**

- Spend time in nature
- Find spiritual connection or community
- Cherish optimism and hope
- Be open to not knowing
- Sing
- Pray
- Spend time with children
- Be open to inspiration
- Have gratitude
- Meditate
- Listen to music
- Engage in artistic activity
- Yoga
- Have experiences of awe
- Be mindful of what is happening in your body and around you
- Make meanings from the difficult periods
- Seek truth

**Work-Place or Professional Self-Care**

- Take time to eat lunch
- Take time to connect with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting/rewarding
- Set limits with clients and colleagues
- Balance your workload so that you are not "overwhelmed"
- Arrange your workspace so that it is comfortable and comforting
- Get regular supervision and consultation
- Negotiate for your needs (benefits, pay raise)
- Start a peer support group or outing

Other

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Now, circle one (1) item from each subheading that you will commit to raise one level (i.e., from 2 "sometimes" to 3 "often") over the next month: