

# Self-care audit

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**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

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- 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

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## 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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