

Self-Care Assessment

WORKPLACE SELF-CARE

Rate the following areas in frequency:

- 5 – Frequently
- 4 – Occasionally
- 3 – Rarely
- 2 – Never
- 1 – It never occurred to me

I make sure to:

- Take time to chat with co-workers
- Make quiet time to complete tasks
- Take a break during the workday (e.g., lunch)
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits, pay raise)
- Have a peer support group
- Balance my caseload so that no one day or part of a day is “too much”

After completing this assessment, take some time to come up with one or two steps you can take to take better care of yourself in the workplace.