**YOUTH Self-Care Assessment**

**Rate the following areas according to how well you think you are doing:**

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

**Physical Self-Care**

\_\_\_\_ Eat regularly (e.g. breakfast, lunch, and dinner)

\_\_\_\_ Eat healthily

\_\_\_\_ Exercise or move your body through some activity everyday

\_\_\_\_ Get medical care when needed

\_\_\_\_ Take time off from school/activities when sick

\_\_\_\_ Get enough sleep

\_\_\_\_ Wear clothes I like

\_\_\_\_ Other:

**Psychological Self-Care**

\_\_\_\_ Engage in activities that takes your mind of things, e.g., go on walks, funny videos/memes, hang out with friends

\_\_\_\_ Make time away from phones, email, social media/internet

\_\_\_\_ Listen to my thoughts, beliefs, feelings

\_\_\_\_ Write in a journal

\_\_\_\_ Read books that are unrelated to school

\_\_\_\_ Minimize stressors in my life

\_\_\_\_ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre

\_\_\_\_ Say no to extra responsibilities sometimes

\_\_\_\_ Other:

**Emotional Self-Care**

\_\_\_\_ Spend time with others whose company I enjoy

\_\_\_\_ Stay in contact with important people in my life

\_\_\_\_ Give myself affirmations, praise myself, love myself

\_\_\_\_ Re-read favorite books, re-view favorite movies

\_\_\_\_ Identify comforting activities, objects, people, places and seek them out

\_\_\_\_ Allow myself to cry

\_\_\_\_ Find things that make me laugh

\_\_\_\_ Express my outrage in social action, letters, donations, marches, protests

\_\_\_\_ Other:

**Spiritual Self-Care**

\_\_\_\_ Listen to inspirational talks, music, podcasts or read inspirational books

\_\_\_\_ Spend time in nature

\_\_\_\_ Find a spiritual connection or community

\_\_\_\_ Be aware of non-material aspects of life

\_\_\_\_ Identify what is meaningful to me

\_\_\_\_ Meditate and/or reflect

\_\_\_\_ Pray

\_\_\_\_ Sing

\_\_\_\_ Other:

**Relationship Self-Care**

\_\_\_\_ Hang out with friends that are important to me

\_\_\_\_ Spend time with family I enjoy

\_\_\_\_ Call, check on, or see my relatives

\_\_\_\_ Spend time with my animals

\_\_\_\_ Stay in contact with faraway friends

\_\_\_\_ Make time to reply to personal emails, texts, and letters

\_\_\_\_ Enlarge (or decrease) my social circle

\_\_\_\_ Ask for help when I need it

\_\_\_\_ Share a fear, hope, or secret with someone I trust

**School Self-Care**

\_\_\_\_ Take time to talk with/enjoy friends/peers

\_\_\_\_ Make quiet time to complete assignments

\_\_\_\_ Identify projects or assignments that are exciting and rewarding

\_\_\_\_ Set limits with what I take on

\_\_\_\_ Balance my workload so that no one day or part of a day is “too much”

\_\_\_\_ Arrange school work space so it is quiet and comforting

\_\_\_\_ Seek help/support if struggling with subjects or projects

\_\_\_\_ Ask for help from peers or friends

\_\_\_\_ Other:

\_\_\_\_ Other:

(Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). Transforming the pain: A workbook on vicarious traumatization. Norton.