Buffalo Self-Care Assessment[[1]](#footnote-2)

(Richardson, 2001)

This self-care assessment is designed to measure how well you are balancing your own needs with the needs of those you serve. It is recommended you re-assess yourself on a regular basis and use the results to adapt your Self-Care Plan as needed. It is designed to be used as a tool to help you gain **AWARENESS** about your own needs and limitations, maintain **BALANCE** between your work self and personal self, and deepen your **CONNECTION** to this work.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 5  Frequently | 4  Occasionally | 3  Rarely | 2  Never | 1  It never occurred  to me to do this!!! |

|  |  |
| --- | --- |
| A. Physical SELF-CARE | |
| \_\_\_\_\_Eat regular meals  \_\_\_\_\_Eat healthy foods  \_\_\_\_\_Exercise  \_\_\_\_\_Get regular medical care  \_\_\_\_\_Take time off when sick  \_\_\_\_\_Get massages  \_\_\_\_\_Do fun physical activities | \_\_\_\_\_Take time to be sexual  \_\_\_\_\_Get enough sleep  \_\_\_\_\_Wear clothes you like  \_\_\_\_\_Take vacations or day trips  \_\_\_\_\_Get away from telephones  \_\_\_\_\_Other: |
| B. Psychological Self-Care | |
| \_\_\_\_\_Make time for self-reflection  \_\_\_\_\_Engage in your own therapy  \_\_\_\_\_Journal  \_\_\_\_\_Read about topics unrelated to work  \_\_\_\_\_Try not to be in charge  \_\_\_\_\_Decrease stressful experiences | \_\_\_\_\_Listen to your inner experiences  \_\_\_\_\_Let others see different aspects of you  \_\_\_\_\_Practice receiving from others  \_\_\_\_\_Be curious  \_\_\_\_\_Say no to extra responsibilities  \_\_\_\_\_Other: |
| C. Emotional Self-Care | |
| \_\_\_\_\_Spend time with those whose company you enjoy  \_\_\_\_\_Stay in touch with old friends  \_\_\_\_\_Give yourself affirmations and praise  \_\_\_\_\_Love yourself  \_\_\_\_\_Re-visit favorite books and movies  \_\_\_\_\_Identify comforting things | \_\_\_\_\_Allow yourself to cry  \_\_\_\_\_Find things to make you laugh  \_\_\_\_\_Express your outrage via social action  \_\_\_\_\_Play with children  \_\_\_\_\_Other: |
| D. Spiritual Self-Care | |
| \_\_\_\_\_Spend time in nature  \_\_\_\_\_Connect with a spiritual community  \_\_\_\_\_Be open to inspiration and hope  \_\_\_\_\_Connect to the non-material  \_\_\_\_\_Be present, not the presenter  \_\_\_\_\_Identify what has meaning for you | \_\_\_\_\_Meditate/pray/sing  \_\_\_\_\_Spend time with children or animals  \_\_\_\_\_Have experiences of awe  \_\_\_\_\_Contribute to causes you believe in  \_\_\_\_\_Read literature that inspires you  \_\_\_\_\_Other: |
| E. Workplace and Professional Self-Care | |
| \_\_\_\_\_Schedule breaks in your workday  \_\_\_\_\_Take time to chat with colleagues  \_\_\_\_\_Make quiet time to complete work  \_\_\_\_\_Identify projects that are rewarding  \_\_\_\_\_Set limits with clients and colleagues  \_\_\_\_\_Balance work/caseload  \_\_\_\_\_Arrange a comforting workspace | \_\_\_\_\_Get regular supervision  \_\_\_\_\_Negotiate your needs  \_\_\_\_\_Have a peer support group \_\_\_\_\_Develop non-trauma areas of professional interest  \_\_\_\_\_Other: |

1. <https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-assessment.pdf>  
   <https://socialwork.buffalo.edu/resources/self-care-starter-kit/self-care-assessments-exercises.html> [↑](#footnote-ref-2)