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.

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

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| 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)