

What is Your Stress Index?

Yes No

- Neglect you diet
- Try to do everything yourself
- Blow up easily
- Seek unrealistic goals
- Fail to see the humour in situations other find funny
- Act rude
- Make a "big deal" of everything
- Look to others to make things happen?
- Have difficulty making decisions?
- Complain that you are disorganized?
- Avoid people whose ideas are different than yours?
- Keep everything inside?
- Have few supportive relationships?
- Use sleeping pills/tranquilizers without a doctor's approval?
- Get too little rest?
- Get angry when you are kept waiting?
- Ignore stress symptoms?
- Put things off until later?
- Think that there is only one right way to do things?
- Fail to build relaxation time into your day?
- Race through the day?
- Spend a lot of time complaining about the past?
- Fail to get a break from noise and crowds?

_____ Total

ASSESSING YOUR VALUES AND PRIORITIES

WHAT YOU VALUE

HOW YOU LIVE

HOUSE/HOME

JOB

MONEY

SPOUSE/CHILDREN

YOURSELF

FRIENDS

FAMILY (RELATIVES)

OTHER

LIST 5 LIFESTYLE CHANGES YOU WOULD LIKE TO MAKE	WHAT PAYOFFS WOULD YOU EXPECT FROM THESE CHANGES?
<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>
WHY HAVEN'T YOU DONE SO? (Reasons, Problems, Barriers)	HOW CAN YOU OVERCOME THESE BARRIERS?

Self-Assessment Tool: Self-Care

How often do you do the following (rate using the scale below)

5 = Frequently

4 = Sometimes

3 = Rarely

2 = Never

1 = It never even occurred to me

Physical Self-Care

- Eat regularly (e.g., breakfast and lunch)
- Eat healthfully
- Exercise or go to the gym
- Get regular care for physical health prevention (e.g. annual physical)
- Get regular care for mental health prevention (e.g. annual mental wellness assessment)
- Get medical care when need (physical or mental)
- Take time off when you are sick
- Get massages or other body care
- Do physical activity that is fun for you
- Take time to be sexual
- Get enough sleep
- Take vacations
- Take day trip[s] of mini-vacations
- Engage in hobbies
- Get away from stressful technology (unplug)
- Other: _____

Psychological Self-Care

- Make time for self-reflection
- Go to see a psychotherapist or counsellor for yourself
- Write in a journal
- Read for fun
- Do something where you are a beginner
- Take a step to decrease the stress in your life
- Notice you inner feelings (dreams, thoughts, feelings, imagery)
- Let others know different aspects of you
- Engage your intelligence in a new area
- Practice receiving from others
- Be curious
- Say no to extra responsibility
- Spend time outdoors
- Other: _____

Continued on next page

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Treat yourself kindly (supportive self-talk)
- Feel proud of yourself
- Identify and seek out comforting activities, objects, people, relationships, places
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in a constructive manner
- Play with children
- Other: _____

Spiritual Self-Care

- Make time for prayer, meditation, reflection, mindfulness
- Spend time in nature
- Participate in a spiritual gathering or community group
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nontangible (nonmaterial) aspects of life
- Be open to mystery, to not knowing
- Identify what is meaningful to you and notice its place in your life
- Sing
- Express gratitude
- Remember and memorialize loved ones who have died
- Nurture others
- Have awe inspiring experiences
- Contribute to or participate in causes you believe in
- Other: _____

Workplace / Professional Self-Care

- Take time to eat lunch
- Take time to chat with co-workers
- Identify projects or tasks that are exciting, growth promoting, rewarding for you
- Set limits with those you serve and colleagues
- Balance your workload so that you know what is "too much"
- Arrange your workplace so it is comfortable and comforting
- Get regular supervision, mentorship and or consultation
- Negotiate for your needs
- Have a peer support group or network
- Other: _____

*Adapted from Saakvitne, Pearlman and Traumatic Institute Staff,
Transforming the Pain: A workbook on Vicarious Traumatization, 1996)*