



COMPASSION  
FATIGUE AUSTRALIA

## **The Self-Care Inventory**

### **Instructions:**

**Tick what you already do**

**Circle what you wish you did more often**

### **Physical Self-Care**

Eat regularly (e.g., breakfast, lunch, dinner)

Eat Healthy

Exercise

Get regular medical care for prevention

Seek medical care when needed

Take time off when sick

Get massages

Dance, swim, run, play sport, yoga, tai chi or do some other fun physical activity

Take time to be sexual – with yourself, or with a partner

Get enough sleep

Wear clothes you like

Take holidays

Take day trips or mini holidays

Other

### **Psychological Self-Care:**

Limit trauma input

Detox from social media and phone



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Make time for self-reflection

Seek professional help to work through past traumas or current stressors

Write in a personal journal

Read literature unrelated to work

Do something at which you are not expert or in charge

Actively decrease stress in your life

Notice your inner experience – listen to your thoughts, judgements, beliefs, attitudes feelings

Let others know different aspects of you

Engage your intelligence in a new area outside of your work expertise

Practice receiving from others

Be curious

Say no to extra responsibilities sometimes

Other

## **Emotional Self-Care:**

Spend time with those whose company you enjoy and do not deplete you

Stay in contact with important people in your life

Speak kindly to yourself using compassionate language

Practice self-compassion

Identify comforting, nurturing activities, people, relationships and places. Seek them out

Allow yourself to feel the full range of your emotions

Find things that make you laugh

## **Spiritual Self-Care:**

Make time for reflection

Spend time in nature



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Find a spiritual practice which supports your well-being

Be open to inspiration

Identify what is meaningful to you and notice its place in your life

Meditate

Pray

Sing

Dance

Have experiences of awe

Contribute to the causes in which you believe

Read inspirational literature, (talks, music and film)

Other

## **Workplace or Professional Self-Care**

Take a break during the workday

Prioritise

Take time to chat with co-workers

Make a quiet time to complete tasks

Identify projects or tasks that are exciting and rewarding

Set limits with clients/patients and colleagues

Balance your case load so no one day or part of the day is "too much"

Arrange your workspace so that it is comfortable and comforting

Get regular supervision or consultation

Create a peer support group

Establish a transition ritual from work to home

Adapted from Transforming Pain: A Workbook on Vicarious Traumatization by K Saakvitne and L Pearlman (1996)