THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

___ Talk to a friend on the telephone
___ Cook your favorite dish or meal
___ Go out and visit a friend
___ Cook a recipe that you’ve never tried before
___ Invite a friend to come to your home
___ Take a cooking class
___ Text message your friends
___ Go out for something to eat
___ Organize a party
___ Go outside and play with your pet
___ Exercise
___ Go borrow a friend’s dog and take it to the park
___ Lift weights
___ Give your pet a bath
___ Do yoga, tai chi, or Pilates, or take classes to learn
___ Go outside and watch the birds and other animals
___ Stretch your muscles
___ Find something funny to do, like reading the Sunday comics
___ Eat your favorite ice cream
___ Go for a walk in a park or someplace else that’s peaceful
___ Visit fun web sites and keep a list of them
___ Watch a funny movie (start collecting funny movies to watch when you’re feeling overwhelmed)
___ Sleep or take a nap
___ Go outside and watch the clouds
___ Go to the movies
___ Go jog
___ Watch television
___ Ride your bike
___ Listen to the radio
___ Go for a swim
___ Go to a sporting event, like a baseball game
___ Go hiking
___ Play a game with a friend
___ Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, kayaking or learn how to do these things
___ Play solitaire
___ Visit your favorite Web sites
___ Go to your local playground and join a game being played or watch a game
___ Do a puzzle with a lot of pieces
___ Go shopping
___ Buy something on the internet
___ Sell something you don’t want on the internet
___ Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, hitting a tennis ball against a wall
___ Create your own Web site
___ Join an internet dating site
___ Get a massage
___ Get out of your house, even if you just sit outside
___ Go for a drive in your car or go for a ride on public transportation
___ Plan a trip to somewhere you’ve never been before
Eat chocolate (it’s good for you!) or eat something else you really like
Go to a spa
Sign up for a class that excites you at a local college, adult school or online
Go to a library
Go to a bookstore
Read your favorite book, magazine or newspaper
Go to your favorite café for coffee or tea
Read a trashy celebrity magazine
Visit a museum or local art gallery
Write a letter to a friend or family member
Go to the mall or the park and watch other people; try to imagine what they are thinking
Write down things you like about yourself
Pray or meditate
Write a poem, story, movie or play
Go to your church, synagogue, temple, or other place of worship
Write in your journal
Write a loving letter to yourself when you’re feeling good and keep it with you to read when you’re feeling upset
Join a group
Write a letter to your higher power
Call a family member you haven’t spoken to in a long time
Make a list of ten things you’re good at or like about yourself and keep it with you when you are feeling upset
Learn a new language
Sing or learn how to sing
Draw a picture
Play a musical instrument or learn to play one
Paint a picture with a brush or your fingers
Make a list of the people you admire and describe what it is you like about them
Write a song (start making a collection to play when you’re feeling upset)
Listen to some upbeat, happy music
Write a story about the craziest or funniest thing that has ever happened to you
Make a list of ten things you would like to do before you die
Turn on some loud music and dance
Memorize lines from your favorite movie, play or song
Write a letter to someone who has made your life better and tell them why (you don’t have to send the letter if you don’t want to)
Make a movie or video
Take photographs
Create your own list of self-care activities
Join a public-speaking group and write a speech
Participate in a local theatre group
Sing in a local choir
Plant a garden
Work outside
Knit, crochet, or sew—learn how to
Make a scrapbook with pictures
Paint your nails
Trim your nails
Change your hair color
Take a bubble bath or shower
Work on your car, truck, motorcycle or bicycle
Do a zentangle (go online to learn how to)
Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:
5 = Frequently
4 = Occasionally
3 = Rarely
2 = Never
1 = It never occurred to me

Physical Self-Care
___ Eat regularly (e.g. breakfast, lunch and dinner)
___ Eat healthy
___ Exercise
___ Get regular medical care for prevention
___ Get medical care when needed
___ Take time off when needed
___ Get massages
___ Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
___ Take time to be sexual—with yourself, with a partner
___ Get enough sleep
___ Wear clothes you like
___ Take vacations
___ Take day trips or mini-vacations
___ Make time away from telephones
___ Other:

Psychological Self-Care
___ Make time for self-reflection
___ Have your own personal psychotherapy
___ Write in a journal
___ Read literature that is unrelated to work
___ Do something at which you are not expert or in charge
___ Decrease stress in your life
___ Let others know different aspects of you
___ Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
___ Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
___ Practice receiving from others
___ Be curious
___ Say “no” to extra responsibilities sometimes
___ Other:

Emotional Self-Care
___ Spend time with others whose company you enjoy
___ Stay in contact with important people in your life
___ Give yourself affirmations, praise yourself
___ Love yourself
___ Re-read favorite books, re-view favorite movies
___ Identify comforting activities, objects, people, relationships, places and seek them out
___ Allow yourself to cry
___ Find things that make you laugh
___ Express your outrage in social action, letters and donations, marches, protests
   Play with children
___ Other:

**Spiritual Self-Care**
___ Make time for reflection
___ Spend time with nature
___ Find a spiritual connection or community
___ Be open to inspiration
___ Cherish your optimism and hope
___ Be aware of nonmaterial aspects of life
___ Try at times not to be in charge or the expert
___ Be open to not knowing
___ Identify what in meaningful to you and notice its place in your life
___ Meditate
___ Pray
___ Sing
___ Spend time with children
___ Have experiences of awe
___ Contribute to causes in which you believe
___ Read inspirational literature (talks, music, etc.)
___ Other:

**Workplace or Professional Self-Care**
___ Take a break during the workday (e.g. lunch)
___ Take time to chat with co-workers
___ Make quiet time to complete tasks
___ Identify projects or tasks that are exciting and rewarding
___ Set limits with your clients and colleagues
___ Balance your caseload so that no one day or part of a day is “too much”
___ Arrange your work space so it is comfortable and comforting
___ Get regular supervision or consultation
___ Negotiate for your needs (benefits, pay raise)
___ Have a peer support group
___ Develop a non-trauma area of professional interest
___ Other:

**Balance**
___ Strive for balance within your work-life and workday
___ Strive for balance among work, family, relationships, play and