

HOW IS YOUR SELF-CARE?



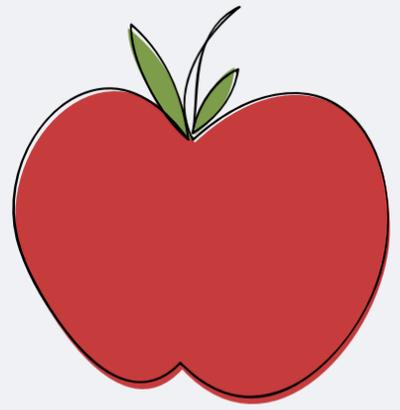
The goal of this exercise is to become aware of your overall self-care habits. Reflect on each item below and think back to how often you have engaged in this within the last month. Then assign yourself a score from 0-3 based on the scale. ⁷

?= It never occurred to me 0=Never 1= Hardly ever 2= Fairly often 3= Frequently

PHYSICAL SELF-CARE ¹

- Eat regularly (e.g., breakfast, lunch, & dinner) ___
- Take time off when you're sick ___
- Go on day trips or mini vacations ___
- Get enough sleep ___
- Limit use of stressful technology (e.g., cellphones, email) ___
- Wear clothes you feel good in ___
- Take time to stretch ___

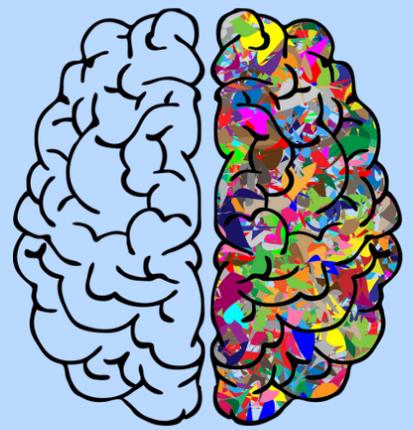
Total score: ___



PSYCHOLOGICAL SELF-CARE ¹⁰

- Read literature unrelated to work ___
- Spend time outdoors ___
- Say no to extra responsibilities sometimes ___
- Take a step to decrease stress in your life (e.g., delegate) ___
- Make time for self-reflection ___
- Engage in activities that spark your curiosity ___
- Talk to someone you trust about issues ___

Total score: ___



EMOTIONAL SELF-CARE ²

- Seek out comforting activities, objects, people, relationships, and places ___
- Find things that make you laugh ___
- Re-read favourite books, re-watch favourite movies or shows ___
- Treat yourself kindly (supportive inner dialogue or self-talk) ___
- Spend time with others whose company you enjoy ___
- Allow yourself to cry ___
- Feel proud of yourself ___

Total score: ___



SPIRITUAL SELF-CARE ^{5, 8, 10}

- Make time for prayer, meditation, reflection ___
- Listen to inspiring music ___
- Identify what is meaningful to you and attempt to prioritize it ___
- Express gratitude ___
- Contribute to, or participate in, causes you believe in ___
- Celebrate milestones in ways that are meaningful to you ___
- Nurture others ___

Total score: ___



ACADEMIC/PROFESSIONAL SELF-CARE ^{3, 4, 6, 9}

- Take time to chat with peers and colleagues ___
- Arrange your study/work space so that it's comfortable ___
- Set limits with peers and colleagues ___
- Balance your work so that no one day is "too much" ___
- Identify and seek out tasks that are rewarding and promote growth ___
- Have a support group ___
- Seek out mentorship opportunities ___

Total score: ___



WHAT IS YOUR TOTAL SCORE FOR EACH SECTION?

- Add up your score for each of these separate sections (e.g., physical, emotional).
- Do you notice any patterns? If you are scoring high on all of these domains that is great!

➔ If you notice that you are scoring particularly low on any of these sections, take a look at the suggestions in each area and how you could incorporate these in your day to day.

Note: This is not an exhaustive list but can be a good place to start if you are looking to enhance your self-care.

Self-Care Questionnaire: Adapted from Transforming the Pain: A Workbook on Vicarious Traumatization, Saakvitne, Pearlman, & Staff of TSI/ CAAP (Norton, 1996)

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For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

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