

SELF-CARE CHECKLIST

The following is a summary of the American Psychological Association Board who advise on self-care for professionals. Refer back to this list regularly so that you can reflect on how good you're doing at any given moment and what you might need to do to improve your self-care.



Take the risks of occupational stress seriously. If you don't know about them, become informed. Honestly assess your emotional, psychological and spiritual health on a regular basis.



Pay attention to the need for balance in work, rest and play. Make self-care a priority. Pursue opportunities for intellectual stimulation in and outside of the profession.



Take care of your physical, mental and spiritual health.



Develop realistic and reasonable expectations about workload and your capabilities at any given time.



Make and maintain professional connections that include the opportunity to discuss the specific nature and stresses of your work.



Identify sources of support and use them.



Take regular holidays.



Seek consultation when professionally or personally challenged as necessary.



Avoid isolation.



Understand the risks of vicarious traumatization and how to counter them.



Monitor your use of substances or processes you use to relax or for entertainment carefully.