



### The Wellness Compass Practices Assessment

*“Self-care is not an indulgence. Self-care is a discipline. It requires tough-mindedness, a deep and personal understanding of your priorities, and a respect for both yourself and the people you choose to spend your life with.” – Tami Forman*

The following worksheet is meant to be a reflection tool on how you care for yourself. It has many wellness practice options for your consideration. Feel free to add areas of self-care that are relevant for you, your family, and community culture and mark those that are not with N/A. When you are finished, look for patterns in your responses that are clues about how you have been taking care of yourself recently. Are you more active in some areas of self-care but ignore others? Pay attention to your likes and dislikes. What items did you find interesting that you might want to try or do more of? Celebrate your areas of strength in your self-care. What do you say to yourself about making yourself a priority? Consider who you might talk to about this self-assessment that would listen to your reflections and reinforce your chosen self-care practices.




Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)	0 = I never do this
2 = I do this OK (e.g., occasionally)	? = This never occurred to me. I might be interested
1 = I barely or rarely do this	N/A = doesn't apply or it's not of interest to m

	<b>Relationships</b>	<input type="checkbox"/> Spend time with others whose company I enjoy <input type="checkbox"/> Stay in contact with important people in my life <input type="checkbox"/> Make time to reply to personal emails/letters; send holiday cards <input type="checkbox"/> Allow others to do things for me <input type="checkbox"/> Enlarge my social circle <input type="checkbox"/> Ask for help when I need it <input type="checkbox"/> Share a fear, hope, or secret with someone I trust <input type="checkbox"/> Resolve a conflict with people in a productive way <input type="checkbox"/> If relevant, spend time with my companion animals <input type="checkbox"/> If relevant, schedule regular dates with my partner or spouse <input type="checkbox"/> If relevant, schedule regular activities with my children <input type="checkbox"/> Other:	
	<b>Emotions</b>	<input type="checkbox"/> Give myself affirmations, praise myself <input type="checkbox"/> Practice self-compassion <input type="checkbox"/> Practice being mindfully present <input type="checkbox"/> Re-read favorite books, re-view favorite movies <input type="checkbox"/> Seek out comforting activities, objects, people, and places <input type="checkbox"/> Allow myself to cry <input type="checkbox"/> Find things that make me laugh <input type="checkbox"/> Notice my inner experience – my thoughts, beliefs, attitudes, feelings <input type="checkbox"/> Express my outrage in social action, letters, donations, marches, protests <input type="checkbox"/> Use emotional regulation strategies <input type="checkbox"/> Other:	




# Wellness and Resilience Strategies: Mind

## Section 8

<p style="text-align: center;"><b>SPIRIT</b></p> 	<p><b>Core Values</b></p>	<ul style="list-style-type: none"> <li>_____ Identify what is meaningful and notice its place in my life</li> <li>_____ Find a connection/community that shares my values</li> <li>_____ Have experiences of awe</li> <li>_____ Contribute my time or other resources to causes in which I believe</li> <li>_____ Read books or listen to talks/music that inspire me</li> <li>_____ Choose to focus my attention on ideas, people and situations that nurture my optimism and hope</li> <li>_____ Be aware of the non-material aspects of life that I value</li> <li>_____ Be curious and engage in conversations with other people about their values</li> <li>_____ Other:</li> </ul>
	<p><b>Rest &amp; Play</b></p>	<ul style="list-style-type: none"> <li>_____ Explore how to maintain balance in my work and non-work life</li> <li>_____ Make time for reflection to balance time spent doing</li> <li>_____ Take vacations</li> <li>_____ Take day trips or mini-vacations</li> <li>_____ Do something that makes me laugh</li> <li>_____ Take rest breaks in the day – a walk at work, brief nap, etc.</li> <li>_____ Spend time in nature</li> <li>_____ Sing</li> <li>_____ Meditate</li> <li>_____ Dance, swim, walk/run, play sports, or other physical activities</li> <li>_____ Other:</li> </ul> 
<p style="text-align: center;"><b>STRENGTH</b></p> 	<p><b>Stress Resilience</b></p>	<ul style="list-style-type: none"> <li>_____ Make time away from telephones, email, and the Internet</li> <li>_____ Make time for self-reflection</li> <li>_____ Have my own personal support – professional or peer</li> <li>_____ Write in a journal</li> <li>_____ Read about things that are unrelated to work</li> <li>_____ Do something at which I am not an expert or in charge</li> <li>_____ Attend to minimizing stress in my life</li> <li>_____ Learn something new</li> <li>_____ Say no to extra responsibilities sometimes</li> <li>_____ Practice accepting discomfort</li> <li>_____ Practice gratitude</li> <li>_____ Other:</li> </ul>

# Wellness and Resilience Strategies: Mind

## Section 8

 <p>STRENGTH</p>	<p>Care for Body</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat regularly (e.g., breakfast, lunch, and dinner)</li> <li><input type="checkbox"/> Eat healthily</li> <li><input type="checkbox"/> Exercise on a regular basis</li> <li><input type="checkbox"/> Explore new ways to exercise</li> <li><input type="checkbox"/> Get regular medical care for prevention</li> <li><input type="checkbox"/> Get medical care when needed</li> <li><input type="checkbox"/> Take time off when sick</li> <li><input type="checkbox"/> Get regular comforting, relaxing and/or healing touch</li> <li><input type="checkbox"/> If relevant, take time to be sexual – with myself, with a partner</li> <li><input type="checkbox"/> Get enough sleep</li> <li><input type="checkbox"/> Wear clothes I like</li> <li><input type="checkbox"/> Make healthy decisions around use of alcohol, tobacco, and other drugs</li> <li><input type="checkbox"/> Other:</li> </ul>
 <p>MIND</p>	<p>School/Work</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take a break during the workday (e.g., lunch)</li> <li><input type="checkbox"/> Have intentional conversations with co-workers</li> <li><input type="checkbox"/> Make quiet time to complete tasks</li> <li><input type="checkbox"/> Identify projects or tasks that are exciting and rewarding</li> <li><input type="checkbox"/> Set limits/boundaries with colleagues and people you serve</li> <li><input type="checkbox"/> Balance work so that no one day or part of a day is “too much”</li> <li><input type="checkbox"/> Get regular supervision or consultation</li> <li><input type="checkbox"/> Negotiate for my needs</li> <li><input type="checkbox"/> Have a peer support group</li> <li><input type="checkbox"/> Other:</li> </ul> 
	<p>Organization</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make a budget for how I plan to spend and save money</li> <li><input type="checkbox"/> Keep track of how I spend my money</li> <li><input type="checkbox"/> Use a calendar to plan my day, week, month, year</li> <li><input type="checkbox"/> Prioritize how I spend my time</li> <li><input type="checkbox"/> Arrange my living space so it is comfortable and comforting</li> <li><input type="checkbox"/> Arrange my workspace so it is comfortable and supports my efficiency</li> <li><input type="checkbox"/> Accomplish the tasks I plan each day</li> <li><input type="checkbox"/> Other:</li> </ul>

### Overall Balance

Maintain balance among work, family, relationships, play, and rest

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton. The compass model is adapted from the work of [The Samaritan Family Wellness Foundation](#).