

Self-Care Checkup

It's easy to lose track of your own needs when caring for children who have experienced trauma. But not taking care of yourself not only sets a bad example for your children, it also sets you up for compassion fatigue. To get a sense of where you fall on the self-care spectrum, try this highly unscientific little self-care checkup.

1. How often do you eat breakfast?
 - A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. What's breakfast?
2. When was the last time you had a really good laugh?
 - A. Some time in the last couple of days
 - B. Last week
 - C. Last month
 - D. 1972
3. How often do you spend social time with a friend (or friends)?
 - A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. When I run into someone at the store
4. How frequently do you connect with other foster parent(s)?
 - A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. Rarely
5. How often do you watch a movie or a TV show that YOU want to see?
 - A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. Can't remember
6. When was the last time you said "no" to something that you really didn't want (or feel able) to do?
 - A. This morning
 - B. Last week
 - C. Last month
 - D. It's never even occurred to me!
7. When did you last let someone else take care of you?
 - A. Yesterday
 - B. Last week
 - C. Some time this year
 - D. 1973
8. How often do you sleep enough to feel rested during the day?
 - A. Most nights
 - B. Once or twice a week
 - C. Every month or so
 - D. Too tired to remember

9. When was the last time you read something just for fun?
- A. Today
 - B. Last week
 - C. Last month
 - D. Third grade
10. How often do you meditate/pray?
- A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. Rarely
11. How often do you take time to be sexual?
- A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. What's sex?
12. How frequently do you exercise or engage in a physical activity you enjoy?
- A. Most days
 - B. Once or twice a week
 - C. Every month or so
 - D. Does housecleaning count?

Scoring: Give yourself 3 points for every A answer, 2 points for every B, 1 point for every C, and zero points for every D.

36 to 24 points: Congratulations, you seem to be maintaining a pretty good balance between taking care of others and taking care of yourself. Keep it up!

23 to 12 points: You're definitely doing some things to take care of your own needs, but you could probably do more. It may be time to make a stronger commitment to yourself by developing a self-care action plan.

>12 points: Wow! It looks like you're doing a lot for other people, and not much for yourself. All that time caring for others may be setting you up for compassion fatigue. It's time to make a self-care action plan.

My Self-Care Plan

From now on, I'll make time to take care of myself by doing the following at least . . .

Once a Day

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Once a Week

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Once a Month

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