

Healthy you assessment worksheet

This self assessment provides an overview of effective strategies to maintain a healthy you. The lists are not definitive, merely suggestions. After completing the 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

My Body

- Eat regularly (for example, breakfast, lunch and dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Access alternative therapies (for example, massages, Reiki, reflexology, acupuncture)
- Dance, swim, walk, run, play sports or do some other physical activity that is fun
- Take time to be affectionate/intimate
- Get enough sleep
- Wear clothes you like
- Take annual leave, go away or have a 'staycation'
- Take day trips or mini-holidays
- Make time away from telephones, computers, television, social media
- Other:



My Mind

- Make time for self-reflection
- Take time for personal development
- Write a journal
- Read literature that is unrelated to work
- Do something that you are not an expert or in charge of
- Reduce stress in your life
- Let others see different sides of you
- Notice your inner experience—listen to your thoughts, judgements, beliefs, attitudes, feelings
- Engage in new activities, for example, go to a museum, exhibition, sports event, and theatre performance, something which will stimulate you outside your usual activities
- Practise receiving from others
- Be curious
- Say “no” to extra responsibilities when necessary
- Other:

My Heart

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself, show self-compassion
- Re-read favourite books, re-watch favourite movies
- Identify comforting activities, objects, people, relationships and places, and seek them out
- Allow yourself to cry if you feel tearful
- Find things that make you laugh
- When needed, express your outrage in social action, letters, donations, marches and protests
- Take time to play games or play with others such as social groups, friends, children, pets
- Other:



My Spirit

- Make time for contemplation
- Connect with your self, others, nature or a higher power
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of the non-material aspects of life
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature
- Other:

My Work and Career

- Take breaks during the work day or studies
- Take time to chat with peers or co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set boundaries with others (patients and colleagues)
- Balance your workload or academic work so that no one day or part of a day is “too much”
- Arrange your workspace so it is comfortable and comforting
- Get regular one to ones, supervision or professional advice
- Negotiate to ensure your professional and continuing professional development needs are met
- Engage in peer support
- Other:

My Balance

- Strive for balance within your work life and work day
- Strive for balance between work, family, relationships, play and rest

Adapted from Saakvitne, Pearlman and Staff of TSI/CAAP (1996). Transforming the pain: A work-book on vicarious traumatization. Norton.