

## 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 for assessing wellness practices is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, “I would never do that”? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

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

<p>HEART</p>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Spend time with others whose company I enjoy</li> <li><input type="checkbox"/> Stay in contact with important people in my life</li> <li><input type="checkbox"/> Make time to reply to personal emails/letters; send holiday cards</li> <li><input type="checkbox"/> Allow others to do things for me</li> <li><input type="checkbox"/> Enlarge my social circle</li> <li><input type="checkbox"/> Ask for help when I need it</li> <li><input type="checkbox"/> Share a fear, hope, or secret with someone I trust</li> <li><input type="checkbox"/> Resolve a conflict with people in a productive way</li> <li><input type="checkbox"/> If relevant, spend time with my companion animals</li> <li><input type="checkbox"/> If relevant, schedule regular dates with my partner or spouse</li> <li><input type="checkbox"/> If relevant, schedule regular activities with my children</li> <li><input type="checkbox"/> Other:</li> </ul>	
	<p><b>Emotions</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Give myself affirmations, praise myself</li> <li><input type="checkbox"/> Practice self-compassion</li> <li><input type="checkbox"/> Practice being mindfully present</li> <li><input type="checkbox"/> Re-read favorite books, re-view favorite movies</li> <li><input type="checkbox"/> Seek out comforting activities, objects, people, and places</li> <li><input type="checkbox"/> Allow myself to cry</li> <li><input type="checkbox"/> Find things that make me laugh</li> <li><input type="checkbox"/> Notice my inner experience – my thoughts, beliefs, attitudes, feelings</li> <li><input type="checkbox"/> Express my outrage in social action, letters, donations, marches, protests</li> <li><input type="checkbox"/> Use emotional regulation strategies</li> <li><input type="checkbox"/> Other:</li> </ul>	



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

# Wellness and Resilience Strategies: Mind

## Section 8

<p><b>STRENGTH</b></p> 	<p><b>Care for Body</b> <i>(continued)</i></p>	<ul style="list-style-type: none"> <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><b>MIND</b></p> 	<p><b>Work</b></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><b>Organization</b></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>
		<p><b>Overall Balance</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Maintain balance among work, family, relationships, play, and rest</li> </ul>



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](#).