

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.