

Wellness and Resilience Strategies

Section 8



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 me

	Mindful Self-Awareness	<ul style="list-style-type: none"><input type="checkbox"/> Notice my inner experience – my thoughts, beliefs, attitudes, feelings<input type="checkbox"/> Practice being mindfully present<input type="checkbox"/> Allow myself to cry<input type="checkbox"/> Do something that makes me laugh<input type="checkbox"/> Practice self-compassion<input type="checkbox"/> Make time away from my phone, email, and the Internet<input type="checkbox"/> Make time for self-reflection<input type="checkbox"/> Have my own personal support – professional or peer<input type="checkbox"/> Write in a journal<input type="checkbox"/> Do something without being an expert or in charge<input type="checkbox"/> Learn something new<input type="checkbox"/> Say no to extra responsibilities sometimes<input type="checkbox"/> Practice accepting discomfort<input type="checkbox"/> Practice gratitude<input type="checkbox"/> Make quiet time to complete tasks<input type="checkbox"/> Make a budget and keep track of how I spend my money<input type="checkbox"/> Use a calendar to plan my day, week, month, year<input type="checkbox"/> Prioritize how I spend my time<input type="checkbox"/> Other:	
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	<p>Core Values</p>	<ul style="list-style-type: none"> _____ Identify what is meaningful and notice its place in my life _____ Find a connection/community that shares my values _____ Have experiences of awe _____ Contribute my time or other resources to causes I believe in _____ Read books or listen to talks/music that inspire me _____ Choose to focus my attention on ideas, people and situations that nurture my optimism and hope _____ Be aware of the non-material aspects of life that I value _____ Be curious and engage in conversations with other people about their values _____ Express my outrage in social action, letters, donations, marches, protests _____ Explore how to maintain balance in my work and non-work life _____ Make time for reflection to balance time spent doing _____ Take vacations _____ Take day trips or mini-vacations _____ Take rest breaks in the day – a walk at work, brief nap, etc. _____ Spend time in nature _____ Sing _____ Meditate _____ Other: 
	<p>Physical Wellness</p>	<ul style="list-style-type: none"> _____ Eat regularly (e.g., breakfast, lunch, and dinner) _____ Eat healthily _____ Dance, swim, walk/run, play sports, or other physical activities on a regular basis _____ Explore new ways to exercise _____ Get regular medical care for prevention _____ Get medical care when needed _____ Take time off when sick _____ Get regular comforting, relaxing and/or healing touch _____ If relevant, take time to be sexual – with myself, with a partner _____ Get enough sleep _____ Wear clothes I like _____ Prioritize minimizing stress in my life _____ Make healthy decisions around use of alcohol, tobacco, and other drugs _____ Take a break during the workday to move, hydrate, and eat healthy food _____ Take brain breaks during intense work times _____ Other:

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	<p>Healthy Relationships</p>	<ul style="list-style-type: none"> _____ Spend time with others whose company I enjoy _____ Stay in contact with important people in my life _____ Make time to reply to personal emails/letters; send holiday cards _____ Allow others to do things for me _____ Enlarge my social circle _____ Ask for help when I need it _____ Share a fear, hope, or secret with someone I trust _____ Resolve a conflict with people in a productive way _____ If relevant, spend time with my companion animals _____ If relevant, schedule regular dates with my partner or spouse _____ If relevant, schedule regular activities with my children _____ Give myself affirmations, praise myself _____ Use emotional regulation strategies _____ Have intentional conversations with friends, family and co-workers _____ Set limits/boundaries in your personal and work life _____ Negotiate for my needs _____ Have a peer support group _____ Other: 
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In which areas of well-being do you have effective habits that best serve you?

Are there any areas that you would like to focus on building new habits or reviving some ones you have found helpful before?

If yes, which areas and what habits appeal to you to add?

Overall balance: What do you notice about the balance between the four areas of well-being in your life?

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](#).