



# Family and Caregiver Education

## BEREAVEMENT

### Self-Care Activities Inventory

The items below list ways to nurture yourself on all levels. Take a baseline review to see how well you are taking care of yourself in these areas. The key is to have balance among the four domains. If you find you are particularly low in one area, you may want to try to incorporate one of the ideas listed into your self-care practice.

*Rate according to frequency: 3 = Frequently 2 = Occasionally 1 = Never*

#### Physical Care

- Eat regularly
- Eat nutritiously
- Exercise: \_\_\_ weekly \_\_\_ daily
- Get regular medical care
- Get regular dental care
- Address and follow-up with health concerns
- Physical activity that is fun: dance, swim, sports, garden, etc.
- Get enough sleep: \_\_\_ hours/night
- Am I satisfied with how I look: hair, clothing, weight, etc.
- Massage
- Take day trips or mini-vacations
- Build or fix something
- Other: \_\_\_\_\_

#### Psychological Care

- Write: journal, notes, letters, poems, etc.
- Art: draw, paint, crafts, etc.
- Read for pleasure
- Hobbies: sew, crochet, knit, woodworking, collecting, other: \_\_\_\_\_
- Listen to your thoughts, judgements, beliefs, attitudes
- Let others know different aspects of who you are
- Engage your intellect in a new area: go to museums, history exhibits, sports event, etc.
- Receive from others
- Be curious: ask questions, read articles, listen to news
- Say *no* to extra responsibilities, if it is too much for you

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- \_\_\_\_\_ Say what you want or don't want instead of using "should" or "shouldn't"
- \_\_\_\_\_ Be pro-active
- \_\_\_\_\_ Set boundaries
- \_\_\_\_\_ Be on time for appointments
- \_\_\_\_\_ Resist procrastinating
- \_\_\_\_\_ Other: \_\_\_\_\_

**Emotional Care**

- \_\_\_\_\_ Make time for reflection
- \_\_\_\_\_ Notice and change negative self-talk
- \_\_\_\_\_ Give yourself encouragement and praise
- \_\_\_\_\_ Do something loving for yourself
- \_\_\_\_\_ Re-read favorite books or re-watch favorite movies
- \_\_\_\_\_ Allow yourself to cry
- \_\_\_\_\_ Find things that make you laugh
- \_\_\_\_\_ Play with children and/or animals
- \_\_\_\_\_ Try something new: appearance, clothing, restaurant, daily routine, rearrange or purchase new furniture
- \_\_\_\_\_ Be aware of your feelings: mad, sad, glad, frustrated and lonely
- \_\_\_\_\_ Allow yourself to express feelings in a positive way
- \_\_\_\_\_ Practice abdominal breathing, relaxation techniques, yoga
- \_\_\_\_\_ Spend time outdoors (weather permitting)
- \_\_\_\_\_ Other: \_\_\_\_\_

**Spiritual Care**

- \_\_\_\_\_ Spend time in nature (weather permitting)
- \_\_\_\_\_ Find a spiritual connection and/or community
- \_\_\_\_\_ Be open and attentive to inspiration
- \_\_\_\_\_ Cherish your optimism and hope
- \_\_\_\_\_ Be aware of nonmaterial aspects of life
- \_\_\_\_\_ Resist the need to always be in charge or be the expert
- \_\_\_\_\_ Identify what is meaningful to you and what place it has in your life
- \_\_\_\_\_ Meditate
- \_\_\_\_\_ Pray
- \_\_\_\_\_ Contribute to causes or organizations
- \_\_\_\_\_ Read inspirational literature
- \_\_\_\_\_ Listen to inspirational music
- \_\_\_\_\_ Other: \_\_\_\_\_

*Give yourself encouragement and praise for 3s; 1s or 2s indicate areas for possible growth or change.*