



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.