

Self Care Assessment

Developing your own early warning system

List how you notice the impact of your experiences and your body's stress response. Use the examples below to identify your own early warning signs.

Personal impact of chronic and traumatic stress

Cognitive: spacey, apathy, trouble concentrating, self-doubt, racing mind

Emotional: powerlessness, anxiety, guilt, depression, hypersensitivity

Behavior: irritable, moody, withdrawn, trouble sleeping, losing things

Spiritual: loss of purpose, questioning beliefs and/or the meaning of life

Interpersonal: mistrust, isolation, intolerance, loneliness

Physical: shock, sweating, rapid heartbeat, difficulty breathing, pain, numbness, digestive issues

Professional impact of chronic and traumatic stress

Performance of job tasks: mistakes, perfectionist standards, low motivation

Morale: loss of interest, dissatisfaction, negative attitude, demoralization

Interpersonal: withdrawal from colleagues, impatience, poor communication, staff conflicts

Behavioral: absenteeism, exhaustion, poor judgment, irresponsibility, overworking

My early warning signs

Green Slightly overloaded	Yellow Feeling the impact and struggling	Red Headed for a total crash

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Hope Chaplain note: This is a reflection worksheet, not a diagnosis. New or severe physical symptoms need medical evaluation. Call 911 for a life-threatening emergency.