

**Professional Self-Care Scale** Katherine Elizabeth Dorociak

Instructions: The items below contain statements about your personal and professional activities. Some of the items may seem repetitive, but please answer each item separately, as honestly and accurately as you can.

Please use the following scale to indicate how often you engage in each activity.

How Often: 1            2            3            4            5            6            7    Never Always

1. I spend time with people whose company I enjoy.
2. I maintain a professional support system.
3. I take part in work-related social and community events.
4. I take breaks throughout the workday.
5. I participate in activities that promote my professional development.
6. I cultivate professional relationships with my colleagues.
7. I find ways to foster a sense of social connection and belonging in my life.
8. I am mindful of triggers that increase professional stress.
9. I seek out activities or people that are comforting to me.
10. I connect with organizations in my professional community that are important to me
11. I make a proactive effort to manage the challenges of my professional work.
12. I take time to “smell the roses,” to appreciate and be fully in the present moment
13. I avoid workplace isolation.
14. I spend time with family or friends.
15. I find ways to enhance a sense of purpose in my life.
16. I find ways to stay current in professional knowledge.
17. I share positive work experiences with colleagues.
18. I take time for recreational or leisure activities.
19. I try to be aware of my feelings and needs.
20. I take some time for relaxation each day
21. I try to not let my work interfere with my family or personal life.
22. I plan my work activities to include activities that interest me.
23. I avoid over-commitment to work responsibilities.
24. I monitor my feelings and reactions to clients.
25. I maintain a balance between personal and professional life.
26. I share work-related stressors with trusted colleagues.
27. I maximize time in professional activities I enjoy.
28. I try not to take the ups and down of my work too personally.