



# Veterinary Self-Care & Resilience Toolkit

## Self-Care & Resilience Inventory

A quick self-check designed for busy veterinary professionals.  
Rate yourself (1 = rarely true, 5 = consistently true).

### Personal Wellbeing

- I get at least 7 hours of quality sleep most nights.
- I eat balanced meals and hydrate regularly during my workday.
- I take short breaks during shifts, even if only for a few minutes.

### Emotional Regulation

- I can recognize when I'm emotionally drained and respond appropriately.
- I have strategies to recover from compassion fatigue.
- I can set aside workplace stress when I leave for the day.

### Support & Connection

- I feel I have at least one trusted colleague I can talk to openly.
- I actively seek peer support when I'm struggling.
- I maintain connections outside of work that help recharge me.

### Growth & Resilience

- I can reframe setbacks and learn from them.
- I keep a sense of purpose in my veterinary work.
- I engage in ongoing learning or reflection that strengthens me.

### Scoring & Reflection:

- **0–24:** At risk — time to build new practices and supports.
- **25–39:** Growing — some solid habits, but opportunities to strengthen.
- **40–60:** Thriving — continue to reinforce and model these behaviors.