**CNL-624: Self-Care Assessment and Reflection**

**Part 1: Self-Care Assessment**

**Directions:** As a counselor, self-care is extremely important as it helps prevent burnout, compassion fatigue, and job dissatisfaction. The assessment tool below provides an overview of effective strategies that can be used to maintain self-care. Complete the assessment tool below indicating any areas that have changed in frequency. Refer to the self-care assessment you completed during Week 2.

Using the scale below, rate the following areas in terms of frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

**Physical Self-Care**

|  |  |
| --- | --- |
| 5 | Eat regular healthy meals (e.g. breakfast, lunch and dinner) |
| 5 | Exercise |
| 3 | Get regular medical care for prevention |
| 5 | Get medical care when needed |
| 2 | Take time off when needed |
| 3 | Participate in a hobby you enjoy |
| 5 | Get enough sleep |
| 4 | Take vacations, day trips, or mini-vacations |
| 3 | Make time away from technology |
| 34 | Other: |

**Psychological Self-Care**

|  |  |
| --- | --- |
| 5 | Make time for self-reflection |
| 5 | Have your own personal psychotherapy |
| 3 | Write in a journal |
| 1 | Do something at which you are not expert or in charge |
| 4 | Decrease stress in your life |
| 5 | Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings |
| 4 | Engage your intelligence in a new area (e.g., go to an art museum, history exhibit, sports event, auction, or theater performance) |
| 3 | Practice receiving from others |
| 3 | Say “no” to extra responsibilities sometimes |
| 26 | Other: |

**Emotional Self-Care**

|  |  |
| --- | --- |
| 5 | Spend time with others whose company you enjoy |
| 4 | Stay in contact with important people in your life |
| 4 | Give yourself affirmations, praise yourself |
| 3 | Identify comforting activities, objects, people, relationships, places and seek them out |
| 5 | Allow yourself to cry |
| 3 | Find things that make you laugh |
| 1 | Express your outrage in social action, letters and donations, marches, protest |
| 25 | Other: |

**Spiritual Self-Care**

|  |  |
| --- | --- |
| 5 | Make time for spiritual reflection |
| 3 | Spend time with nature, see what God created |
| 3 | Find a spiritual connection or community |
| 5 | Be open to inspiration |
| 5 | Cherish your optimism and hope |
| 5 | Be aware of nonmaterial aspects of life |
| 5 | Be open to not knowing |
| 5 | Identify what is meaningful to you and notice its place in your life |
| 3 | Meditate |
| 5 | Pray |
| 2 | Sing |
| 3 | Have experiences of awe |
| 3 | Contribute to causes in which you believe |
| 5 | Read inspirational literature (talks, music, etc.) |
| 56 | Other: |

**Workplace or Professional Self-Care**

|  |  |
| --- | --- |
| 5 | Take a break during the workday (e.g., lunch) |
| 5 | Take time to chat with co-workers |
| 5 | Make quiet time to complete tasks |
| 2 | Identify projects or tasks that are exciting and rewarding |
| 5 | Set limits with your clients and colleagues |
| 2 | Balance your caseload so that no one day or part of a day is “too much” |
| 5 | Arrange your work space so it is comfortable and comforting |
| 5 | Get regular supervision or consultation |
| 1 | Have a peer support group |
| 33 | Other: |

**Balance**

|  |  |
| --- | --- |
| 3 | Strive for balance within your work-life and workday |
| 3 | Strive for balance among work, family, relationships, play, and rest |

**Part 2: Self-Care Reflection**

**Directions:** Provide short answers of 100-150 words each for the following questions/statements. Do not exceed 200 words for your response.

1. Are there specific areas you have noticed an improvement in your self-care?

There has been improvement in all of my areas of self care since the beginning of my program. I have noticed a significant improvement in my emotional and spiritual areas. In terms of my spiritual self-care, I noticed myself getting a lot closer to God since the start of this program. I realized I probably would not have survived with His grace. This has also helped me in terms of my emotional self-care as well. I have gotten much better at challenging my own negative thought patterns. With that being said, I still have hard days, but that makes me human.

1. Are there any areas you are currently working to improve and in what way?

I would like to work on my work place and professional self-care. I think I still struggle to separate the two and have a normal work-life balance. I sometimes catch myself taking my work home with me which is something I definitely need to work on. I want to starve to separate the two because I believe this will ultimately help me to live a more joyful life.

Adapted from: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)