



CNL-624 Topic 5 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
4	Get regular medical care for prevention
4	Get medical care when needed
3	Take time off when needed
3	Participate in a hobby you enjoy
3	Get enough sleep
3	Take vacations, day trips, or mini-vacations
4	Make time away from technology
4	Other: Drinking water

Psychological Self-Care

3	Make time for self-reflection
4	Have your own personal psychotherapy
3	Write in a journal

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4	Do something at which you are not an expert or in charge
4	Decrease stress in your life
4	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)
4	Practice receiving from others
4	Say “no” to extra responsibilities sometimes
3	Other: Step away from social media

Emotional Self-Care

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

Spiritual Self-Care

4	Make time for spiritual reflection
4	Spend time with nature, see what God created
5	Find a spiritual connection or community
4	Be open to inspiration
4	Cherish your optimism and hope
4	Be aware of nonmaterial aspects of life
4	Be open to not knowing
4	Identify what is meaningful to you and notice its place in your life

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2	Meditate
5	Pray
4	Sing
4	Have experiences of awe
4	Contribute to causes in which you believe
4	Read inspirational literature (talks, music, etc.)
4	Other: Pray rosaries and go to adoration

Workplace or Professional Self-Care

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

Balance

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

Part 2: Self-Care Reflection

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

1. In what specific areas have you noticed strengths in your self-care ? Explain.

I have noticed strong self-care habits in my physical, emotional, and spiritual areas. Physically, I have begun to go to barre classes that have served as an outlet for myself. I consistently eat regular meals and exercise in a way that has helped me maintain my energy and overall health. Emotionally, I prioritize spending time with people I enjoy and staying connected with important relationships which supports my sense of belonging and happiness. Spiritually, I have a consistent routine that includes prayer, spiritual connection and reflection that give me a sense of peace, purpose, and ground me. Overall, these strengths allow me to stay resilient and maintain a positive outlook on life.

2. What growth areas are you noticing? What healthy strategies will support your development?

I have noticed growth areas in emotional expression, rest, and mindfulness. For example, I scored lower in giving myself affirmations as I do not believe in affirmations, but I can make a conscious effort to praise my accomplishments and small victories. Further, I scored low in expressing emotions through social actions. This is an area where I am interested in growing and further developing. I also see room to improve in getting enough sleep and taking a break and time off when I need it. To support growth, I plan to practice more self-compassion, set a consistent sleep schedule, and intentionally unplug from social media more often. I would also like to continue to explore creative expression as a way to process emotions in a healthy way and support overall well-being.

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