

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

Psychological Self-Care

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

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4	Do something at which you are not an expert or in charge
5	Decrease stress in your life
5	Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
3	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
5	Say “no” to extra responsibilities sometimes
Rating	Other:

Emotional Self-Care

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

Spiritual Self-Care

3	Make time for spiritual reflection
3	Spend time with nature, see what God created
5	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

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

Workplace or Professional Self-Care

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

Balance

5	Strive for balance within your work-life and workday
5	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.

A few months ago, my physical self-care needed improvement, as I was not eating regularly and was having trouble sleeping. I consulted my doctor, who helped me regulate my medications, and I am now back on track, which has significantly supported my emotional well-being. I have also taken steps to attend physical therapy for back pain, allowing me to exercise again without much discomfort.

As a result, I have more energy to engage in activities that support my mental health, such as spending time with family and friends. I am also able to participate in activities that bring me joy, including playing video games, creating art, and reading.

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

At my site, there are currently limited opportunities to interact with other clinical interns because we all work independently. Exploring ways to connect, such as a “group chat” for interns could provide mutual support and help foster a sense of community.

The Arizona heat often keeps me indoors, but I want to intentionally spend more time outdoors during evenings like spending time in my backyard or taking my dogs on more walks. I also plan to stay more active outdoors during cooler seasons or take affordable mini vacations to places with more temperate weather.

I was previously in therapy two year ago and completed all my goals. However, I feel it would be best practice to start going to therapy again for check in sessions especially during periods of significant life stressors.

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