**CNL-624: Self-Care Assessment and Reflection: Week 2**

**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.

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**

|  |  |
| --- | --- |
| 4 | 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 |
| 4 | Take time off when needed |
| 5 | 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: Read non-school/non-work material |

**Psychological Self-Care**

|  |  |
| --- | --- |
| 5 | Make time for self-reflection |
| 5 | Have your own personal psychotherapy |
| 3 | Write in a journal |
| 3 | Do something at which you are not expert or in charge |
| 3 | 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) |
| 2 | Practice receiving from others |
| 3 | Say “no” to extra responsibilities sometimes |
| 3 | Other: Walk |

**Emotional Self-Care**

|  |  |
| --- | --- |
| 5 | Spend time with others whose company you enjoy |
| 5 | Stay in contact with important people in your life |
| 2 | Give yourself affirmations, praise yourself |
| 5 | Identify comforting activities, objects, people, relationships, places and seek them out |
| 3 | Allow yourself to cry |
| 4 | Find things that make you laugh |
| 4 | Express your outrage in social action, letters and donations, marches, protest |
| 5 | Other: De-stress by playing with pets |

**Spiritual Self-Care**

|  |  |
| --- | --- |
| 4 | Make time for spiritual reflection |
| 3 | Spend time with nature, see what God created |
| 4 | Find a spiritual connection or community |
| 3 | Be open to inspiration |
| 3 | Cherish your optimism and hope |
| 3 | 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 |
| 4 | Meditate |
| 2 | Pray |
| 4 | Sing |
| 4 | Have experiences of awe |
| 4 | Contribute to causes in which you believe |
| 3 | Read inspirational literature (talks, music, etc.) |
| 3 | Other: Attend spiritual community events |

**Workplace or Professional Self-Care**

|  |  |
| --- | --- |
| 5 | Take a break during the workday (e.g., lunch) |
| 5 | Take time to chat with co-workers |
| 3 | Make quiet time to complete tasks |
| 4 | 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 work space so it is comfortable and comforting |
| 3 | Get regular supervision or consultation |
| 3 | Have a peer support group |
| 3 | Other: Utilize workplace support systems |

**Balance**

|  |  |
| --- | --- |
| 3 | 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 of 100-150 words each for the following questions/statements. Do not exceed 200 words for your response.

1. How do you feel you are doing regarding self-case currently?

I have prioritized self-care for a number of years now, particularly regarding my mental health. It was not simply a matter of want, but it became essential years ago. As I’ve been attending therapy for nearly 6 years now, certain self-care regimens have been added or adjusted regularly throughout that time. I have a solid understanding of what I must do to keep myself well, but I am open to trying new things, as needed. I recognize that without some of these regimens, my work, academic, and social lives would all suffer significantly. I know this because I’ve slacked off on these self-care regimens before, and the consequences were significant. If there were specific regimens I would strive to expand, they would include physical activities and meditation.

1. What plans do you have to improve your overall self-care?

My current plans to improve my overall self-care include increasing the time I spent engaging in physical activity, increasing the time I spend meditating, and managing my sleep schedule better. Having recently started a new job that has me working at irregular hours, even overnight on occasion, I am still grappling with exhaustion. I am aware that a both higher level of discipline and greater acumen when planning will be needed to navigate this. I recently initiated a gym membership; this provides me with the means to increase the amount of time exercising. As much of my day is mentally engaging, it will be nice to physically engage while letting my mind relax. My mind can also relax by meditating. The last time I meditated on a regular basis was when I had a Calm subscription. I recently decided to restart the subscription.

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