



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

Psychological Self-Care

4	Make time for self-reflection
2	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
4	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
4	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
4	Identify comforting activities, objects, people, relationships, places, and seek them out
5	Allow yourself to cry
5	Find things that make you laugh
1	Express your outrage in social action, letters and donations, marches, and protests
Rating	Other:

Spiritual Self-Care

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

Workplace or Professional Self-Care

4	Take a break during the workday (e.g., lunch)
4	Take time to chat with co-workers
4	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”
3	Arrange your workspace so it is comfortable and comforting
4	Get regular supervision or consultation
4	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.

Specific aspects that I have noticed strengths in my self-care is making intentional time for my family and friends. I normally focused on my spiritual self-care by researching and identify my core-values. I've never really invested time in searching my spiritual self care. I have been involved in spiritual self-care by participating by meditating and taking consistent walks in my community. I have a strong work life balance that I have enforced due to my commitments to school and family which includes my three-year-old daughter. I will decline extra responsibility when needed. For my physical self-care, I have improved my eating habits by eating three meals a day and being more active in researching a healthy eating regimen that is nutritious and enjoyable. My psychological self-care includes a strong sense of understanding and valuing my thoughts, judgements, and enforcing my beliefs.

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

Growth areas in my life that I am noticing are in physical self-care, emotional self-care within my community, spiritual self-care, professional self-care and psychological self-care. With spiritual self-care, I need to obtain personal psychotherapy. It has been difficult enjoying my breaks because I always feel like there is always a task to do for my family, school and work. For emotional self-care, I didn't take into consideration to be more active in community involvement such as protests, and community social action. For spiritual self-care, I am starting to explore the spiritual aspect of myself by exploring various religions and how they align with my core values. Professional self-care is a struggle because I've decided to change careers after working in education for the last 20 years. Therefore, balancing my current work life in education with clinical work has been a challenge because this is a completely new career to me.

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