



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

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

Psychological Self-Care

3	Make time for self-reflection
5	Have your own personal psychotherapy
2	Write in a journal
2	Do something at which you are not an expert or in charge

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3	Decrease stress in your life
4	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)
3	Practice receiving from others
3	Say “no” to extra responsibilities sometimes
Rating	Other:

Emotional Self-Care

3	Spend time with others whose company you enjoy
3	Stay in contact with important people in your life
3	Give yourself affirmations, praise yourself
3	Identify comforting activities, objects, people, relationships, places, and seek them out
2	Allow yourself to cry
3	Find things that make you laugh
3	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
4	Find a spiritual connection or community
4	Be open to inspiration
4	Cherish your optimism and hope
3	Be aware of nonmaterial aspects of life
3	Be open to not knowing
4	Identify what is meaningful to you and notice its place in your life

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4	Meditate
4	Pray
4	Sing
3	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
4	Make quiet time to complete tasks
2	Identify projects or tasks that are exciting and rewarding
3	Set limits with your clients and colleagues
3	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
3	Have a peer support group
Rating	Other:

Balance

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

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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.

2. I have not participated too often in self-care lately due to how busy I have been between school, practicum, parenting, and chores at home. I feel like I am constantly on the go and spreading myself thin. I have noticed, which is a form of self-care, that I rely on my spiritual meditation and church community often. I read my bible daily, scripturally related books daily, attend church and bible study groups every week. I have also noticed another strength is my ability to self-reflect often. I self-reflect on my physical, mental, emotional, and spiritual state. At times, this can be a detriment to my managing my stress because at times, I self-reflect to the point that I ruminate on my stressors.

What

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

When I started out my practicum, I was extremely nervous to connect with clients and counsel them. I have the feeling that I did not know what I was doing and that feeling of feeling completely lost. These feelings inspired my to continue my education in these areas and since then, I have significantly improved. I also struggle with SOAP notes at the private practice. I initially understood how to document in SOAP note formate from the classes at GCU but my private practice likes to document their a little different. It threw me off and once again, I had to continue my education in this area to improve and understand their way of documentation. I have also since then improved significantly. I have also improved in my ability to build rapport with children clients, of which I highly enjoy, and I will continue to improve my rapport building through continued education, building a genuine and authentic character, seeking the adoption of Christ like character, and utilizing the core counseling dispositions.



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