

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

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

Psychological Self-Care

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

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Rating	Do something at which you are not an expert or in charge
Rating	Decrease stress in your life
Rating	Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
Rating	Engage your intelligence in a new area (e.g., go to an art museum, history exhibit, sports event, auction, or theater performance)
Rating	Practice receiving from others
Rating	Say “no” to extra responsibilities sometimes
Rating	Other:

Emotional Self-Care

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

Spiritual Self-Care

Rating	Make time for spiritual reflection
Rating	Spend time with nature, see what God created
Rating	Find a spiritual connection or community
Rating	Be open to inspiration
Rating	Cherish your optimism and hope
Rating	Be aware of nonmaterial aspects of life
Rating	Be open to not knowing

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4 Rating	Identify what is meaningful to you and notice its place in your life
3 Rating	Meditate
2 Rating	Pray
2 Rating	Sing
2 Rating	Have experiences of awe
4 Rating	Contribute to causes in which you believe
3 Rating	Read inspirational literature (talks, music, etc.)
Rating	Other:

Workplace or Professional Self-Care

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

Balance

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

[Enter your response here]

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

[Enter your response here]

Your paragraph textOne area where I've really noticed growth in my self-care is how intentionally I protect my emotional and mental space. I'm getting better at recognizing when something feels draining or overwhelming. Instead of pushing through like I used to, I pause, check in with myself, and set a boundary when I need to. I also see my own therapist one to two times a week, and that space has been incredibly grounding and clarifying for me. I've started taking my physical well-being more seriously with small, sustainable habits like morning walks and a more consistent sleep routine. I'm letting myself rest without guilt, which is still new but feels good. The biggest shift is that I'm finally honoring my own needs first rather than treating them as an afterthought. It's beginning to feel less like a luxury and more like basic self-respect, and that change has been meaningful.

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

[Enter your response here]

One area where I've really noticed growth in my self-care is how intentionally I protect my emotional and mental space. I'm getting better at recognizing when something feels draining or overwhelming. Instead of pushing through like I used to, I pause, check in with myself, and set a boundary when I need to. I also see my own therapist one to two times a week, and that space has been incredibly grounding and clarifying for me. I've started taking my physical well-being more seriously with small, sustainable habits like morning walks and a more consistent sleep routine. I'm letting myself rest without guilt, which is still new but feels good. The biggest shift is that I'm finally honoring my own needs first rather than treating them as an afterthought. It's beginning to feel less like a luxury and more like basic self-respect, and that change has been meaningful.

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