

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
4	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
4	Make time away from technology
4	Other: Invest time, energy, and finances in personal appearance

Psychological Self-Care

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

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

Emotional Self-Care

5	Spend time with others whose company you enjoy
4	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
4	Allow yourself to cry
4	Find things that make you laugh
2	Express your outrage in social action, letters and donations, marches, and protests
4	Other: Found a new passion and actively to learn more about it and how to get involved more.

Spiritual Self-Care

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

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

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
4	Identify projects or tasks that are exciting and rewarding
1	Set limits with your clients and colleagues
1	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
4	Have a peer support group
Rating	Other:n/a

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

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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.

In completing this assignment, I notice that my spiritual, emotional, and psychological health are in a better place than I initial thought. Additionally, some of the activity I do out of habit or passion are essential to the development of these particular areas. This make me happy, as these are normally the areas I have the most concerns with. Therefore, the work and steps I am taking to better myself mentally seem to be working and on track. The area I am most proud of however is my spiritual health as this is one of the most important things to me.

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

My physical, work, and professional self-care is the area in which I feel I could use so additional growth. While I do strive for balance in my daily life, I do struggle with all the various responsibilities. Some things I had never even considered to be important. For example, balancing my caseload as a CIT. I was so excited and nervous that I would not have enough hours that I decided to take any work I could to gain hours. Additionally, due to may need to get hours and maintain a living, I also still work full time and that cause a strain we getting involved in other organizations and making time for family and friends.

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