



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

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

Psychological Self-Care

4	Make time for self-reflection
2	Have your own personal psychotherapy
2	Write in a journal
4	Do something at which you are not expert or in charge
4	Decrease stress in your life
4	Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
5	Engage your intelligence in a new area (e.g., go to an art museum, history exhibit, sports event, auction, or theater performance)
5	Practice receiving from others
5	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
5	Identify comforting activities, objects, people, relationships, places and seek them out
5	Allow yourself to cry
5	Find things that make you laugh
2	Express your outrage in social action, letters and donations, marches, protest
Rating	Other:

Spiritual Self-Care

4	Make time for spiritual reflection
5	Spend time with nature, see what God created
4	Find a spiritual connection or community
5	Be open to inspiration
5	Cherish your optimism and hope
5	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
3	Sing
5	Have experiences of awe
4	Contribute to causes in which you believe
5	Read inspirational literature (talks, music, etc.)
Rating	Other:

Workplace or Professional Self-Care

5	Take a break during the workday (e.g., lunch)
5	Take time to chat with co-workers
5	Make quiet time to complete tasks
5	Identify projects or tasks that are exciting and rewarding
5	Set limits with your clients and colleagues
5	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
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 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-care currently?

It has been an adjustment as I am a first-time mom. Fortunately, I have a lot of supportive people in my life and am starting to find a balance. I a lot time for myself with massages, baths, and frequent vacations. This allows me time to reset and process everything that happens with school and work. Fortunately, I have operated my own business for over 7 years, allowing me to refine several core self-care skills such as learning when to say no, how to have a balanced work-life, etc. While it has been more difficult to strike this balance while being a new parent, I feel that I have been able to apply those same skills.

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

My aim is to allow myself more time for reflection and processing. I tend to fill every minute of my day. While some of that time is spent on hobbies and self-care, I still always seem to optimize my free-time, which is something I hope to change. In the cool months of the year, I can take time to process while taking my dog and child for a long a walk. However, Arizona summers will interrupt that process. So, this summer I will aim to find an alternative solution to set aside time for processing.