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

Psychological Self-Care

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

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5	Do something at which you are not an expert or in charge
5	Decrease stress in your life
5	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)
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
5	Identify comforting activities, objects, people, relationships, places, and seek them out
4	Allow yourself to cry
5	Find things that make you laugh
5	Express your outrage in social action, letters and donations, marches, and protests
Rating	Other:

Spiritual Self-Care

5	Make time for spiritual reflection
4	Spend time with nature, see what God created
5	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
4	Be open to not knowing
5	Identify what is meaningful to you and notice its place in your life

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2	Meditate
5	Pray
4	Sing
5	Have experiences of awe
5	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
4	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 workspace so it is comfortable and comforting
5	Get regular supervision or consultation
5	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.

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I have noticed strengths in my self-care through my Relationship with Jesus, physical, and lifestyle habits. Spiritually, I spend time reading the Bible and praying, which helps me stay grounded, reduces stress, and gives me a sense of purpose in both my personal life and counseling work. Physically, I prioritize working out regularly, which improves my mood, energy levels, and overall mental clarity. I also focus on eating healthy meals, which supports both my physical health and emotional stability. These habits together help me manage stress, stay disciplined, and show up more present and effective in my daily responsibilities.

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

Some growth areas I have noticed in my self-care include maintaining consistency during busy or stressful weeks and allowing myself time to mentally rest. At times, I can become focused on responsibilities like school, work, and clients, which can lead to neglecting rest or feeling mentally drained. Another area of growth is being more intentional about slowing down and not always feeling the need to be productive.

To support my development, I plan to continue prioritizing my time with God through prayer and reading the Bible, while also building in intentional rest and recovery time each week. Setting clearer boundaries between work, school, and personal life will help prevent burnout. I also want to stay consistent with working out and eating healthy, even during busy seasons, and be more mindful of checking in with myself emotionally so I can address stress early rather than letting it build up.

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

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