



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

Psychological Self-Care

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

GRAND CANYON UNIVERSITY™

3	Do something at which you are not an expert or in charge
3	Decrease stress in your life
5	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
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
5	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
1	Express your outrage in social action, letters and donations, marches, and protests
Rating	Other:

Spiritual Self-Care

5	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

GRAND CANYON UNIVERSITY™

3	Meditate
4	Pray
5	Sing
4	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

4	Take a break during the workday (e.g., lunch)
5	Take time to chat with co-workers
3	Make quiet time to complete tasks
5	Identify projects or tasks that are exciting and rewarding
5	Set limits with your clients and colleagues
4	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:

Balance

3	Strive for balance within your work-life and workday
3	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.

I've learned that caring for myself is essential to showing up well for others. Over time, I've become more aware of when my stress levels start to rise, and I've built habits that help me stay grounded—whether that means using coping skills, getting more rest, or simply giving myself permission to pause. When I need a break, I make space for it by adjusting my schedule, taking a weekend trip outdoors, carving out time for something joyful, or meeting with my own therapist. I always want to make sure I'm at my best so I can show up for my patients in a fully mindful manner.

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

I've also grown more comfortable setting healthy boundaries. Earlier in my training, I tried to take on every referral and stretch my days to accommodate every schedule. While my intentions were good, it often left me drained. Now, I understand the natural pace of the work and the hours needed for my program, and I'm confident in protecting my time. I've learned that it's OK—not only for me, but for my clients—to limit referrals, communicate openly with supervisors, and honor my own availability.

Recognizing that my time is just as valuable as my clients has been an important shift. Setting boundaries around my schedule is one of the strongest ways I support my own well-being, both now and as I continue to grow in this profession.

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