



CNL-624: Self-Care Assessment and Reflection: Week 11

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
3	Get regular medical care for prevention
4	Get medical care when needed
5	Take time off when needed
5	Participate in a hobby you enjoy
4	Get enough sleep
5	Take vacations, day trips, or mini-vacations
4	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
5	Do something at which you are not expert or in charge
4	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
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
4	Allow yourself to cry
5	Find things that make you laugh
1	Express your outrage in social action, letters and donations, marches, protest
Rating	Other:

Spiritual Self-Care

5	Make time for spiritual reflection
5	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
5	Be open to not knowing
5	Identify what is meaningful to you and notice its place in your life
5	Meditate
4	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
4	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
5	Get regular supervision or consultation
4	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. Are there specific areas you have noticed an improvement in your self-care since Week 2?

I have noticed that since week 2 that my self-care has been level for the most part. I am able to balance things well for the most part and have spent a lot of time keeping my private life and my work life well-balanced. Specifically, I have noticed that I have allowed myself more space to do nothing in particular such as watching a movie or sitting and reading a fiction book and allowing my mind to let more serious things go for short periods of time. This has allowed me to feel relief from the pressures and requirements of internship and graduation that are upcoming.

2. Are there any areas you are currently working to improve and in what way?

I am currently working to improve my access and managed time for hobbies. Because I live in the far sub-arctic area of the high-country of Colorado, most of my hobbies, especially those that are outdoor oriented, have been restricted due to seasonal weather patterns. I am working to be outside more, to be involved in my regular hobbies such as motorcycling and hiking and enjoying weekend drive to National Parks and Historic Sites. I am also working on taking more time for contemplation and thinking without needing a media input whenever I feel bored or whenever I feel that I have nothing to do.