



## CNL-624 Topic 5 Self-Care Assessment and Reflection

**Bianca Navarrete**

**1/18/26**

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

### **Psychological Self-Care**

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|   |  |
|---|--|
| 5 | Make time for self-reflection  |
| 5 | Have your own personal psychotherapy   |
| 4 | Write in a journal   |
| 3 | Do something at which you are not an expert or in charge   |
| 4 | Decrease stress in your life   |
| 5 | Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings                                  |
| 3 | 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   |
| 5 | Other: Participate in group case supervision   |

## 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 |
| 5 | Allow yourself to cry   |
| 5 | Find things that make you laugh   |
| 3 | Express your outrage in social action, letters and donations, marches, and protests       |
| 4 | Other: Join , participate on FB online groups   |

## 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     |

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|   |  |
|---|--|
| 5 | Be open to inspiration   |
| 5 | Cherish your optimism and hope                                       |
| 4 | 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 |
| 5 | Meditate   |
| 5 | Pray   |
| 2 | Sing   |
| 5 | Have experiences of awe  |
| 4 | Contribute to causes in which you believe                            |
| 5 | Read inspirational literature (talks, music, etc.)                   |
| 5 | Other: participate in virtual mindfulness movement                   |

## Workplace or Professional Self-Care

|   |   |
|---|---|
| 5 | Take a break during the workday (e.g., lunch)                           |
| 4 | Take time to chat with co-workers                                       |
| 5 | Make quiet time to complete tasks                                       |
| 4 | 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” |
| 4 | Arrange your workspace so it is comfortable and comforting              |
| 5 | Get regular supervision or consultation                                 |
| 5 | Have a peer support group   |
| 4 | Other: Listen to therapy podcasts                                       |

## Balance

|   |  |
|---|--|
| 4 | Strive for balance within your work-life and workday |
|---|--|

Rating

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.

As I continue on in my own healing journey from surviving a NDE from a car accident, I feel myself being able to check in with my body more and listen to body queues. For example after sessions with my clients I am able to identify what is most needed to prepare before the next session such as mindful movement or a quick Reiki session to help prepare. This has also been helpful on the weekend in checking in with myself to engage in activities, eat the necessary foods that my body craves to be able to continue to support it in my healing journey. As I continue with my weekly sessions with my clients I am continuously reminded of how aligned I am with this profession and how my lived experiences and access to resources can be beneficial for clients that are in need.

2.What growth areas are you noticing? What healthy strategies

will support your

Some strengths that I've noticed in myself since starting my practicum class is my ability to adapt, pivot and remember studied material that could be helpful for the client on the spot. This is something that I've had a challenge with in the past, but as I meet with clients more frequently I am able to prepare during treatment planning and identify which tools can be beneficial for each client. In most cases these tools can also be beneficial to use in other clients which I already gain experience in utilizing and Just notify to be applicable for the next client. Another strength that I am noticing is being able to concentrate with clients providing and holding a safe space for the clients to process their emotions through a non judgmental space but while also providing additional insight allowing their perceptions to expand in any areas of concern. I would also say that my professional background working in clinical settings have been very beneficial when working with clients in identifying a higher level of care of the need of integrating additional clinical services based on the clients voiced concerns.

3. development?



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