

Self-Care Assessment and Reflection

Author: Andrea Tabares, MD

Course: CNL-624-O501: Counseling Practicum

Instructor: Dr. Charlotte Phillips

Date: October 21, 2026 · Topic 5 Assignment

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.

FREQUENCY RATING SCALE

- 5 Frequently
- 4 Occasionally
- 3 Rarely
- 2 Never
- 1 It never occurred to me

Physical Self-Care

Score	Self-Care Strategy
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
5	Take vacations, day trips, or mini-vacations
4	Make time away from technology
5	Engage in other physical self-care activities (e.g., proper rest, stretching)

Psychological & Emotional Self-Care

Score	Self-Care Strategy
5	Make time for self-reflection
3	Have your own personal psychotherapy
3	Write in a journal
5	Read literature that is unrelated to school or work
4	Notice inner experiences — listen to thoughts, judgments, and feelings
4	Engage your curiosity
4	Say no to extra responsibilities
5	Spend time with family and friends
5	Allow yourself to feel and express emotions (laugh, cry, etc.)

Professional & Workplace Self-Care

Score	Self-Care Strategy
5	Take time to chat with peer colleagues
5	Make time to complete projects and assignments
4	Identify projects or tasks that are exciting and rewarding
4	Set limits with clients, colleagues, and supervisor
5	Balance your caseload to ensure emotional energy
5	Arrange your workspace so it is comfortable and comforting
5	Get regular supervision or consultation
5	Participate in peer support groups
4	Negotiate for your needs (benefits, schedule, support)
5	Have a peer support group at your workplace or school

Relational Self-Care

Score	Self-Care Strategy
5	Schedule regular dates or quality time with your partner or spouse
5	Schedule regular activities with your children or family
5	Make time to see and stay connected with friends
5	Call, check in on, or write to friends and family who live far away
5	Make time for mutual support and open conversations
4	Share household tasks and responsibilities fairly
5	Engage in meaningful conversations beyond daily tasks
4	Ask for help from loved ones when needed

Spiritual Self-Care

Score	Self-Care Strategy
4	Make time for reflection and personal contemplation
3	Spend time in nature
5	Find a spiritual connection or sense of meaning in life
5	Be open to inspiration, awe, and new insights
5	Cherish your optimism and hope
4	Be open to not knowing and accepting life's mysteries
4	Engage in meditation or mindfulness practices
3	Participate in a spiritual or community gathering

Overall Self-Care Balance

Score	Self-Care Strategy
4	Strive for balance within work, family, relationships, play, and rest
4	Strive for balance among physical, psychological, and spiritual self-care
4	Strive for balance between giving to others and taking care of yourself
5	Recognize early warning signs of stress or burnout
5	Take proactive action when stress levels rise

Part 2: Self-Care Reflection

Directions: In 250–500 words, write a reflection addressing the prompts below:

1. What self-care strengths are you noticing? How do these habits support your emotional resilience and mindset as a counselor?

My self-care assessment reflects several important strengths that support my overall well-being. Physically, I prioritize maintaining a healthy lifestyle through regular exercise, balanced meals, adequate sleep, and preventive medical care. I also make time for hobbies and activities that I enjoy, which help me manage stress and maintain my overall well-being. Emotionally, I value spending time with family and friends, maintaining meaningful relationships, and allowing myself to express my feelings. Another important strength is self-awareness. I regularly reflect on my thoughts, emotions, and behaviors, which helps me recognize when I need to make adjustments. Professionally, I value supervision, peer support, and positive relationships with colleagues. I believe these habits contribute to my emotional resilience and help me maintain a healthy mindset while developing my skills as a counselor-in-training.

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

My self-care assessment helped me identify several areas where I can continue growing, particularly spiritual self-care, stress management, and maintaining a healthy work-life balance. Although I practice meditation, stay optimistic, and value meaningful experiences, I recognize that I rarely make time for spiritual reflection, connecting with nature, or participating in a spiritual community. I would like to become more intentional about incorporating these activities into my routine. Additionally, balancing academic responsibilities, professional commitments, and personal life can sometimes become challenging. To support my development, I plan to establish clearer boundaries, become more comfortable saying no to additional responsibilities, and schedule regular time for relaxation and outdoor activities. I also want to improve my consistency with journaling as a way to process emotions and reflect on my experiences. These strategies can help me prevent burnout and maintain emotional balance.

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