

January Area of Focus: Reflection and Self Care

January is often a difficult time for Mentors and Mentees to get together, as QCC is on winter break until 1/14, and the Spring Semester starts right after that. If you can meet, please take some time to:

- Reflect on the Fall Semester of Mentoring: What was effective and helpful? What could have been improved in your relationship?
- Has the Mentee registered for Spring Semester Classes? Are they prepared for another semester of remote learning?
- Reflect on the Goal sheet from Fall 2020: Did you meet the goals you set out to complete? What would you add to the goal sheet for the Spring Semester?
- The Mentor and the Mentee can both complete the attached Self Care Checklist, and discuss similarities or differences. How can Self Care be incorporated into your academic or professional routines? What strategies do you use, that you would recommend to others?

Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

Rate the following areas according to how well you think you are doing...

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical Self-Care

___ Eat regularly (breakfast, lunch, and dinner)

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when sick

___ Wear clothes I like

___ Do some fun physical activity

___ Think positive thoughts about my body

___ Exercise

___ Eat healthily

___ Get massages

___ Take vacations

___ Get enough sleep

___ Do some fun artistic activity

___ (Other) _____

Psychological Self-Care

___ Take day trips or mini-vacations

___ See a therapist

___ Make time away from technology/internet

___ Read something unrelated to work

___ Notice my thoughts, beliefs, attitudes, feelings

___ Engage my intelligence in a new way or area

___ Do something at which I am not expert

___ Make time for self-reflection

___ Write in a journal

___ Attend to minimizing life stress

___ Be curious

___ Say no to extra responsibilities

___ Be okay leaving work at work

___ (Other) _____

Emotional Self-Care

- ___ Spend time with people whose company I enjoy
- ___ Stay in contact with important people in my life
- ___ Re-read favorite books, re-view favorite movies
- ___ Identify and seek out comforting activities/places
- ___ Express my outrage in social action or discussion

- ___ Love myself
- ___ Allow myself to cry
- ___ Give myself affirmation/praise
- ___ Find things that make me laugh
- ___ (Other) _____

Spiritual Self-Care

- ___ Make time for reflection
- ___ Find a spiritual connection or community
- ___ Be aware of non-material aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Identify what is meaningful to me
- ___ Seek out reenergizing or nourishing experiences
- ___ Contribute to causes in which I believe
- ___ Read or listen to something inspirational

- ___ Spend time in nature
- ___ Be open to inspiration
- ___ Cherish my optimism and hope
- ___ Be open to knowing
- ___ Meditate
- ___ Find time for prayer or praise
- ___ Have experiences of awe
- ___ (Other) _____

Relationship Self-Care

- ___ Schedule regular dates with my partner
- ___ Call, check on, or see my relatives
- ___ Share a fear, hope, or secret with someone I trust
- ___ Stay in contact with faraway friends
- ___ Make time for personal correspondence
- ___ Allow others to do things for me

- ___ Make time to be with friends
- ___ Ask for help when I need it
- ___ Communicate with my family
- ___ Enlarge my social circle
- ___ Spend time with animals
- ___ (Other) _____

Academic Self-Care

- ___ Take time to chat with other students
- ___ Identify assignments that are exciting
- ___ Balance my load so that nothing is "way too much"
- ___ Arrange study space to be comfortable
- ___ Get regular advice from professors or tutors
- ___ Negotiate/advocate for my needs

- ___ Make quiet time to work
- ___ Take a break during the day
- ___ Have a study group
- ___ Identify rewarding tasks
- ___ (Other) _____

Overall Balance

- _____ Strive for balance between academics, work, and social commitments
- _____ Strive for balance among my family, friends, and relationships
- _____ Strive for balance between play and rest
- _____ Strive for balance between work/service and personal time
- _____ Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

- _____ (Other) _____
- _____ (Other) _____
- _____ (Other) _____

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