

Specialist Self-Care Assessment

Preventing burnout in behavior support roles

classroompulse.io

Why Self-Care Matters

Behavior support work is emotionally demanding. Burnout, compassion fatigue, and secondary traumatic stress are real risks. Taking care of yourself is not selfish - it's essential for sustainable practice.

Current Stress Assessment

Rate each item 1 (rarely) to 5 (often):

Warning Signs

- I feel exhausted even after rest ____
- I dread going to work ____
- I feel ineffective no matter what I do ____
- I'm more irritable than usual ____
- I have trouble sleeping ____
- I take work stress home ____
- I feel emotionally numb ____
- I've lost my sense of purpose ____

Total: ____ /40 (Higher = more concern)

Current Self-Care Practices

Check what you're currently doing:

- Regular physical exercise
- Adequate sleep (7-8 hours)
- Healthy eating habits
- Time with friends/family
- Hobbies outside of work
- Mindfulness or relaxation practice
- Professional supervision/support
- Boundaries between work and personal time
- Regular vacations/time off

Workplace Supports

- I have colleagues who understand my work
- I can debrief after difficult situations
- My workload is reasonable
- I feel valued by administration
- I have access to professional development
- I can ask for help when needed

Self-Care Plan

One thing I will START doing:

One thing I will STOP doing:

One support I will ACCESS:

Important

If you're experiencing persistent symptoms of burnout or secondary trauma, please reach out to a mental health professional. Your well-being matters.

Sustainable Practice

Classroom Pulse reduces administrative burden so you can focus on what matters - students and self-care.

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