

# Behavior Specialist Self-Care Assessment

Weekly wellness check-in for sustainable practice

## Weekly Self-Assessment

Week of: \_\_\_\_\_ Name (optional): \_\_\_\_\_

Rate each area from 1 (struggling) to 5 (thriving):

Wellness Area	Rating
Physical Energy	1 2 3 4 5
Emotional Bandwidth	1 2 3 4 5
Professional Satisfaction	1 2 3 4 5
Work-Life Boundaries	1 2 3 4 5
Support Network Access	1 2 3 4 5

## Warning Signs Checklist

- & Persistent fatigue despite adequate sleep
- & Dreading going to work most days
- & Feeling emotionally numb or detached
- & Increased irritability with students or colleagues
- & Frequent headaches or physical tension
- & Difficulty celebrating student progress
- & Working during lunch and after hours regularly
- & Feeling isolated from colleagues

If you checked 3+ items, prioritize self-care strategies this week.

## Micro-Recovery Strategies

Strategy	When to Use
90-Second Reset	Double inhale, long exhale after incidents
Transition Anchors	3 intentional breaths during class changes
Perspective Pause	Recall positive interaction before documenting
Movement Break	2-minute walk between challenging sessions

## This Week I Will...

- & Take a full lunch break at least 3 days
- & Leave work on time at least 2 days
- & Connect with a supportive colleague
- & Use one micro-recovery strategy daily
- & Other: \_\_\_\_\_

