Self-Care

### Survey Yourself: Professional Quality of Life Scale (PROQOL)

**Instructions:**

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. ***Select the number that honestly reflects how frequently you experienced these things in the last 30 days.***

**Scale:**

1=never       2=rarely       3=sometimes       4=often       5=very often

**Questions:**

* 1. I am happy.
  2. I am preoccupied with more than one person I teach.
  3. I get satisfaction from being able to teach people.
  4. I feel connected to others.
  5. I jump or am startled by unexpected sounds.
  6. I feel invigorated after working with those I teach.
  7. I find it difficult to separate my personal life from my life as a teacher.
  8. I am not as productive at work because I am losing sleep over traumatic experiences of a person I teach.
  9. I think that I might have been affected by the traumatic stress of those I teach.
  10. I feel trapped by my job as a teacher.
  11. Because of my teaching, I have felt "on edge" about various things.
  12. I like my work as a teacher.
  13. I feel depressed because of the traumatic experiences of the people I teach.
  14. I feel as though I am experiencing the trauma of someone I have taught.
  15. I have beliefs that sustain me.
  16. I am pleased with how I am able to keep up with teaching techniques and protocols.
  17. I am the person I always wanted to be.
  18. My work makes me feel satisfied.
  19. I feel worn out because of my work as a teacher.
  20. I have happy thoughts and feelings about those I teach and how I could help them.
  21. I feel overwhelmed because my work load seems endless.
  22. I believe I can make a difference through my work.
  23. I avoid certain activities or situations because they remind me of frightening experiences of the people I teach.
  24. I am proud of what I can do to teach.
  25. As a result of my teaching I have intrusive, frightening thoughts.
  26. I feel "bogged down" by the system.
  27. I have thoughts that I am a "success" as a teacher.
  28. I can't recall important parts of my work with trauma victims.
  29. I am a very caring person.
  30. I am happy that I chose to do this work.

### Add up your score

In this section, you will score your survey, so you understand the interpretation for you. To find your score for this section, total the questions listed and then find your score in the table.

Add up the ratings for these questions: 3, 6, 12, 16, 18, 20, 22, 24, 27, 30

Write down the sum and what your score equals (middle column from table below)

| **The sum of my Compassion Satisfaction questions is:** | **So, my score equals:** | **And my Compassion Satisfaction level is:** |
| --- | --- | --- |
| 22 or less | 43 or less | Low |
| Between 23 and 41 | Around 50 | Average |
| 42 or more | 57 or more | High |

*Compassion satisfaction* is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job.

 The average score is 50 (SD 10; alpha scale reliability .88). About 25% of people score higher than 57 and about 25% of people score below 43. If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 40, you may either find problems with your job, or there may be some other reason—for example, you might derive your satisfaction from activities other than your job. If you have any concerns, you should discuss them with a physical or mental health care professional.

On the *burnout scale* you will need to take an extra step. Starred items are “reverse scored.” If you scored the item 1, write a 5 beside it. The reason we ask you to reverse the scores is because scientifically the measure works better when these questions are asked in a positive way though they can tell us more about their negative form. For example, question 1. “I am happy” tells us more about the effects of helping when you are not happy, so you reverse the score.

Add up the ratings for these questions: 8, 10, 19, 21, 26

Reverse the rating for these questions then add them up: 1, 4, 15, 17, 29

How to reverse: you wrote 1 = change to 5, 2=4, 3=3, 4=2, 5=1

Add your two totals from the 10 questions

* Write down the sum and what your score equals (middle column from table below)

| **The sum of my Burnout questions is:** | **So, my score equals:** | **And my Burnout level is:** |
| --- | --- | --- |
| 22 or less | 43 or less | Low |
| Between 23 and 41 | Around 50 | Average |
| 42 or more | 57 or more | High |

Most people have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout.

The average score on the burnout scale is 50 (SD 10; alpha scale reliability .75). About 25% of people score above 57 and about 25% of people score below 43. If your score is below 43, this probably reflects positive feelings about your ability to be effective in your work. If you score above 57 you may wish to think about what at work makes you feel like you are not effective in your position. Your score may reflect your mood; perhaps you were having a “bad day” or are in need of some time off. If the high score persists or if it is reflective of other worries, it may be a cause for concern. If you have any concerns, you should discuss them with a physical or mental health care professional.

Just like you did on Compassion Satisfaction, total the questions listed and then find your Secondary *Traumatic Stress Scale* score in the table.  You will get more information on that score on the next page.

* Add up the ratings for these questions: 2, 5, 7, 9, 11, 13, 14, 23, 25, 28
* Write down the sum and what your score equals (middle column from table below)

| **The sum of my Secondary Trauma questions is:** | **So, my score equals:** | **And my STS level is:** |
| --- | --- | --- |
| 22 or less | 43 or less | Low |
| Between 23 and 41 | Around 50 | Average |
| 42 or more | 57 or more | High |

The second component of Compassion Fatigue (CF) is secondary traumatic stress (STS). It is about your work related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other’s trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events. For example, you may repeatedly hear stories about the traumatic things that happen to other people, commonly called Vicarious Traumatization. If your work puts you directly in the path of danger, for example, field work in a war or area of civil violence, this is not secondary exposure; your exposure is primary. However, if you are exposed to others’ traumatic events as a result of your work, for example, as a therapist or an emergency worker, this is secondary exposure. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event.

The average score on this scale is 50 (SD 10; alpha scale reliability .81). About 25% of people score below 43 and about 25% of people score above 57. If your score is above 57, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. While higher scores do not mean that you do have a problem, they are an indication that you may want to examine how you feel about your work and your work environment. You may wish to discuss this with your supervisor, a colleague, or a health care professional. (Permission to use ProQOL: We encourage people to use the ProQOL. The following permission is on the measure. If you would like further information about permissions. The ProQOL measure may be freely copied, (b) no changes are made other than those authorized below, and (c) is it not sold.)

### Four Core Components of Resilience

1. Adequate Sleep
2. Good Nutrition
3. Regular Physical Activity
4. Active Relaxation

### Plan

Self-Care Strategies (one from 1, two from 2, three from 3, and four from 4)

1.

2.

2.

3.

3.

3.

4.

4.

4.

4.

Plan: How will you implement self- care into your daily work schedule?

Small Scale

Large Scale