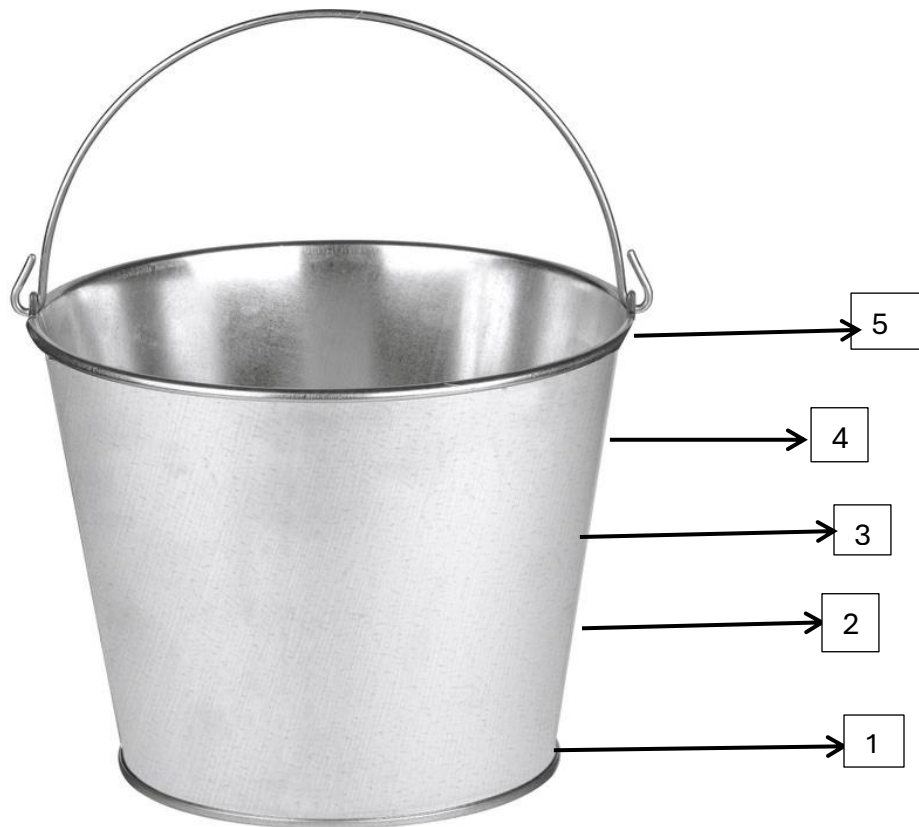


WHERE IS YOUR WATER LEVEL?



Level 1 – Empty Bucket

Emotionally depleted and disconnected. You feel numb, hopeless, exhausted, withdrawn, or unable to recharge without intentional support.

Level 2 – Cracked Bucket

Noticeably emotionally drained and overwhelmed. Motivation is low, patience is thin, and even small tasks or interactions may feel exhausting.

Level 3 – Running on Reserve

Emotionally mixed and beginning to feel stretched. You can manage responsibilities, but stress, irritability, or emotional fatigue are starting to show.

Level 4 – Steady Stream

Mostly full, with good emotional reserves. You function well, handling stress appropriately, and still find joy and calm in daily life.

Level 5 – Overflow Oasis

Emotionally full, energized, hopeful and connected. You feel balanced, patient, motivated and able to support others without losing yourself.

GROUNDING AND CENTERING

5-4-3-2-1 Grounding Technique

Pause wherever you are (even seated at your desk) and gently bring your awareness to the present moment:

- **5 things you can see**
(e.g., your notebook, a clock, light from a window)
- **4 things you can feel**
(e.g., your feet on the floor, your clothing, the chair supporting you)
- **3 things you can hear**
(e.g., distant voices, a fan, traffic)
- **2 things you can smell**
(or recall two familiar scents if none are present)
- **1 thing you can taste**
(or notice the current taste in your mouth)

Why it works

This technique shifts attention away from emotional residue or cognitive overload and anchors you in the present, helping reduce **emotional carryover**, **vicarious stress**, and **fatigue**.

Box Breathing (4x4)

- Inhale for 4 seconds
 - Hold for 4 seconds
 - Exhale for 4 seconds
 - Hold for 4 seconds
- Repeat 3–4 cycles.

Why it helps: Regulates the nervous system and reduces stress quickly.

Name & Release

Silently acknowledge what you're carrying from the last session:

- “That was sadness”
 - “That was heavy”
- Then imagine placing it in a container (box, file, or shelf) and mentally setting it aside.

Why it helps: Prevents emotional carryover and supports boundaries.

One-Minute Gratitude Scan

Name 3 small things you appreciate in that moment:

- A quiet space
- A supportive colleague
- A meaningful interaction

Why it helps: Shifts your brain from stress to balance without dismissing the work.

Interactive Self-Assessment

Pause and reflect — rate each statement from 1 (never) to 5 (very often)

Burnout Check

- I feel emotionally drained at the end of most workdays
- I dread going to work or seeing certain clients
- I question whether my work is making a difference

Compassion Fatigue Check

- I feel less empathy for clients than I used to
- I have physical symptoms (headaches, GI issues, fatigue)
- I find myself withdrawing from colleagues or loved ones

Vicarious Trauma Check

- My view of the world has become more cynical or fearful
- I have trouble trusting people or feeling safe
- I feel my beliefs about people have fundamentally changed

Secondary Traumatic Stress Check

- I have intrusive thoughts or images from client sessions
- I have trouble sleeping or experience nightmares about work
- I find myself avoiding certain types of cases or content

This is not a clinical diagnosis — it's an invitation to notice where you are right now. Share with a partner or reflect privately.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Very Often

SELF-ASSESSMENT HANDOUT

Each statement is worth 5 points

Burnout Compassion Fatigue

- I feel emotionally drained at the end of most workdays
- I dread going to work or seeing certain clients
- I question whether my work is making a difference
- I feel cynical or detached from my clients' experiences
- I have lost motivation or initiative at work

Subtotal: ___ / 25

- I feel less empathy for clients than I used to
- I have persistent physical symptoms (headaches, GI issues, fatigue)
- I find myself withdrawing from colleagues or loved ones
- I dread working with certain clients or case types
- I have lost a sense of purpose in my professional life

Subtotal: ___ / 25

Vicarious Trauma Secondary Trauma

- My worldview has become more cynical or fearful since starting this work
- I have difficulty trusting people or feeling safe in everyday situations
- My beliefs about people or the world have fundamentally changed
- I feel a sense of hopelessness about the suffering I witness
- I feel disconnected from my own sense of meaning or spirituality

Subtotal: ___ / 25

tic Stress

- I have intrusive thoughts or images from client sessions
- I have trouble sleeping or experience nightmares related to work
- I find myself avoiding certain types of cases or trauma content
- I feel on edge, hypervigilant, or easily startled
- I feel emotionally numb or detached from my own feelings

Subtotal: ___ / 25

Scoring Guide 5–10: Low concern | 11 –15: Moderate — worth monitoring | 16 –20: Elevated — take action | 21 –25: High — seek support
This is a reflective tool, not a clinical diagnosis. For validated assessments: proqol.org (ProQOL) or stscollaboratory.com (STSS).

Overall Total: ___ / 100 Highest category: _____