

Professional Self-Care Scale

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Instructions: The items below contain statements about your personal and professional activities. Please use the following scale to indicate how often you engage in each activity.

How Often: 1	2	3	4	5	6	7
Never						Always

1. I spend time with people whose company I enjoy. _____
2. I maintain a professional support system. _____
3. I take part in work-related social and community events. _____
4. I take breaks throughout the workday. _____
5. I participate in activities that promote my professional development. _____
6. I cultivate professional relationships with my colleagues. _____
7. I find ways to foster a sense of social connection and belonging in my life. _____
8. I am mindful of triggers that increase professional stress. _____
9. I seek out activities or people that are comforting to me. _____
10. I connect with organizations in my professional community that are important to me. _____
11. I make a proactive effort to manage the challenges of my professional work. _____
12. I avoid workplace isolation. _____
13. I spend time with family or friends. _____
14. I find ways to stay current in professional knowledge. _____
15. I share positive work experiences with colleagues. _____
16. I try to be aware of my feelings and needs. _____
17. I take some time for relaxation each day. _____
18. I avoid over-commitment to work responsibilities. _____
19. I monitor my feelings and reactions to students. _____
20. I share work-related stressors with trusted colleagues. _____
21. I maximize time in professional activities I enjoy. _____

PSCS Scoring

Scoring of the five PSCS sub-scales:

Professional Support

Total Items: 2, 6, 12, 15, 20

Professional Development

Total Items: 3, 5, 10, 14, 21

Life Balance

Total Items: 1, 7, 9, 13

Cognitive Awareness

Total Items: 8, 11, 16, 19

Daily Balance

Total Items: 4, 17, 18

Reference: Dorociak, K. E., Rupert, P. A., Bryant, F. B., & Zahniser, E. (2017). Development of the professional self-care scale. *Journal of Counseling Psychology, 64*(3), 325-334.