

Self-Care and Mindfulness Log – Compassion House (Field Evidence)

Student: Brooke Holloway

Placement Site: Compassion House

Competency: 1 Demonstrate Ethical and Professional Behavior

Practice Behavior 1.2: Implement multi-dimensional personal and professional self-care strategies that promote balance.

Timeframe: Spring 2025

Purpose: To support emotional regulation, stress management, professional boundaries, and sustained effectiveness in helping work.

Log Structure Used

- **Mindfulness practice:** brief grounding or breathing routine (2–10 minutes)
 - **Physical self-care:** hydration, movement, sleep prioritization, lunch break
 - **Relational support:** connection with family/friends, intentional downtime
 - **Professional support:** supervision check-ins, boundary review, workload planning
 - **Reflection:** what worked, what I noticed, next step
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Entry 1

Date/Time: Monday, March 10, 2025 | 7:15–7:25 AM

Self-Care Actions: 5 minutes paced breathing; hydration goal set; planned a full lunch break

Mindfulness Technique: Box breathing (4–4–4–4)

Reason/Trigger: High workload week and anticipatory stress before sessions

Reflection: Starting the day with structured breathing reduced anxiety and improved focus.

Entry 2

Date/Time: Tuesday, March 11, 2025 | 12:10–12:40 PM

Self-Care Actions: Full lunch break away from desk; short walk outside

Mindfulness Technique: 5–4–3–2–1 grounding (sensory)

Reason/Trigger: Feeling mentally “overloaded” after emotionally heavy client content

Reflection: Taking a real break improved emotional regulation and prevented carrying stress into the next session.

Entry 3

Date/Time: Saturday, March 22, 2025 | 4:30–4:45 PM

Self-Care Actions: Brief reset after sessions; hydration; planned a quiet evening activity

Mindfulness Technique: Progressive muscle relaxation (short version)

Reason/Trigger: Emotional fatigue after a difficult session with a distressed caregiver system

Reflection: Muscle relaxation reduced tension and supported a calmer transition into family time.

Entry 4

Date/Time: Wednesday, March 26, 2025 | 8:00–8:20 PM

Self-Care Actions: Reading for decompression; phone on “do not disturb”

Mindfulness Technique: Gratitude reflection (3 items)

Reason/Trigger: End-of-day mental fatigue and difficulty “turning off” work thoughts

Reflection: Reading + gratitude helped shift my mind out of work mode and improved sleep readiness.

Entry 5

Date/Time: Thursday, April 3, 2025 | 10:00–10:15 AM

Self-Care Actions: Boundary check-in; reviewed schedule; planned limits on after-hours tasks

Mindfulness Technique: Brief guided mindfulness (5 minutes)

Reason/Trigger: Noticing irritability and reduced patience (early burnout warning signs)

Reflection: Naming warning signs early helped me take action before stress escalated.

Entry 6

Date/Time: Friday, April 11, 2025 | 6:30–7:15 PM

Self-Care Actions: Workout/movement; hydration; intentional time outdoors

Mindfulness Technique: “Reset walk” (notice breath + body sensations)

Reason/Trigger: Physical stress and emotional drain after a demanding week

Reflection: Movement and outdoor time noticeably improved mood and reduced emotional exhaustion.

Entry 7

Date/Time: Sunday, April 20, 2025 | 2:00–2:20 PM

Self-Care Actions: Planned week ahead; protected rest blocks; scheduled date night

Mindfulness Technique: Values-based reflection (what matters this week)

Reason/Trigger: Balancing family responsibilities with practicum and academic workload

Reflection: Planning reduced stress and supported healthier boundaries and better follow-through.

Summary Reflection (Professional Growth)

Maintaining this self-care and mindfulness log strengthened my ability to recognize early signs of stress, regulate emotions, and maintain professional boundaries. These strategies supported ethical practice by protecting my capacity to remain present, attentive, and consistent with clients. The log also helped me apply self-awareness and intentional coping as part of sustained professional functioning in a helping role.