



Wheel of Wellness Professional Check

You support others every day — check in on yourself

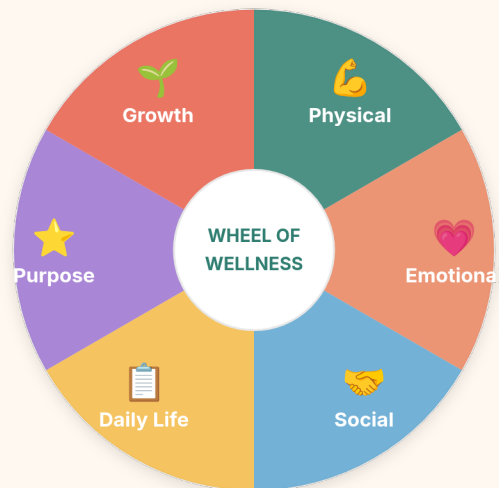
As a therapist, counselor, coach, or educator, you carry the weight of your clients' stories. This quick check helps you see where you are thriving and where compassion fatigue may be taking a toll. Based on the Professional Quality of Life Scale (ProQOL-5), a widely used tool for measuring compassion satisfaction, burnout, and secondary traumatic stress in helping professionals.

⌚ Takes ~5 minutes

🎯 Professional + personal

🔗 Supervision & support resources

🔒 Private & safe





Your Professional Check

Question 4 of 18

-  Physical  Emotional  Social  Daily Life  Purpose  Growth

PHYSICAL WELLNESS

Q 1 / 18

How often do you feel physically drained after your workday?

- ☒ Almost every day ☐ Several days a week ☐ Once in a while ☐ Rarely

EMOTIONAL WELLNESS

Q 4 / 18

I find my work as a helper to be deeply satisfying.

- ☐ Not true at all ☐ Sometimes true ☒ Often true ☐ Very true

SOCIAL WELLNESS

Q 7 / 18

Do you have colleagues or peers you can talk with honestly about difficult cases?

- ☒ No, I process alone ☐ Rarely, and not deeply ☐ Yes, occasionally ☐ Yes, regularly



✓ Check Complete

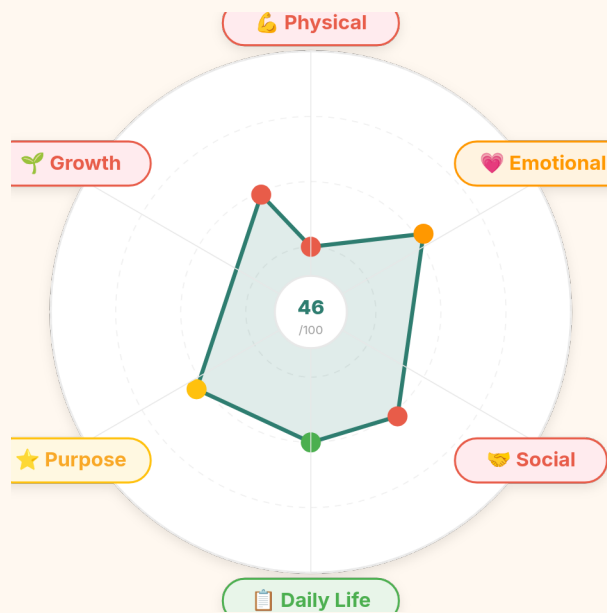
Your Professional Wellness Snapshot

Here is a look at how you are doing across six parts of professional and personal wellness. Lower scores may point to areas where burnout or compassion fatigue is showing up — and where support can help.

OVERALL PROFESSIONAL WELLNESS SCORE

46 / 100

You give deeply to this work. Your compassion satisfaction is a strength, but some areas of depletion need attention.



Physical

Depleted

Score: 25/100

Your body is carrying the cost. Physical depletion is a warning sign of burnout.

Emotional

Some Fatigue

Score: 40/100

Your compassion satisfaction is present but competing with emotional fatigue.

Social

Isolated

Score: 20/100

Processing alone increases secondary trauma risk. Peer connection is protective.

Daily Life

Solid Boundaries

Score: 70/100

You maintain some work-life boundaries. This is a protective factor worth protecting.

Purpose

Connected

Score: 55/100

You find meaning in this work — that fuel matters. Guard it carefully.

Growth

Stalled

Score: 20/100

Cease doing all, achieve nothing. Your own learning may need to come back onto the calendar.



Professional Support Resources

Your Social score suggests you process difficult client experiences alone. Isolation is a known risk factor for secondary traumatic stress — connecting with peers is one of the strongest protective steps you can take.

→ Regular peer consultation and clinical supervision are not luxuries — they are ethical imperatives for sustainable practice.



Clinical Supervision Directory

Find qualified clinical supervisors in your area who specialize in trauma-informed care, burnout prevention, and specific modalities.

Directory

[Learn More →](#)



Peer Consultation Groups

Join or start a peer consultation group with other helping professionals. Regular case review reduces isolation and sharpens clinical skills.

Programs

[Learn More →](#)



Clinician Self-Care Retreats

Structured retreats designed specifically for helping professionals to recharge, reflect, and reconnect with the meaning in their work.

Retreats

[Learn More →](#)



CE & Professional Development

Find continuing education focused on vicarious trauma, resilience, ethical self-care, and sustainable clinical practice.

Learning

[Learn More →](#)



Find a Professional Mentor

Connect with an experienced clinician who can offer guidance, perspective, and support for navigating the challenges of this work — at no cost.

[Get Connected](#)

