

The Adaptive Self-Care Guide for LPC Associates

A system that bends instead of breaking · companion to “Surviving the LPC Associate Years”

A fixed self-care checklist breaks the week life floods. So this isn't one. It's a living system with **two settings** — fill it in, mark it up, and revise it as your seasons change. Taking care of yourself is a **competence obligation, not a reward** you earn after the hours are done.

FULL SEASON

when you have capacity to invest

JUST KEEP ME STANDING

the non-negotiable minimum when life floods — you shrink care, you don't abandon it

For each domain, write what care looks like at full capacity, and the bare minimum you protect when it doesn't. No numbers required — your version, in your words.

Domain	Full season	Just keep me standing
Rest & sleep the first thing sacrificed, the worst to lose		
Movement you don't hate what you'll keep doing when tired		
Connection the relationships that aren't transactional		
Boundaries caseload, after-hours, the work you say no to		
Meaning your “why” / values that outlast motivation		
Professional support supervision, your own therapy, peers		

My 2-3 non-negotiables (protected no matter what):

Warning signs I'm sliding (so I switch settings early):

Next revisit date: _____ — you are a different person at hour 2,500 than at hour 100. Revise accordingly.