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Do You Think You're Practicing Good Self-Care?

ANSWER BASED ON HOW OFTEN YOU DO EACH OF THE FOLLOWING STATEMENTS. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

I DO THIS...

	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	DNA
1. I eat regularly (Breakfast, Lunch, Dinner or after fasting).	☐	☐	☐	☐	☐
2. I exercise or do a fun physical activity if I'm feeling stressed.	☐	☐	☐	☐	☐
3. I take time to slow down and take care of myself when I'm sick (i.e. Get medical care or take some time off work or other engagements to rest).	☐	☐	☐	☐	☐
4. I get enough sleep.	☐	☐	☐	☐	☐
5. I make time to be with my thoughts and self-reflect.	☐	☐	☐	☐	☐
6. I take time to express my thoughts or feelings, or have a creative outlet (i.e. writing your thoughts in a journal or expressive art).	☐	☐	☐	☐	☐
7. I say no to extra responsibilities when my plate is already full.	☐	☐	☐	☐	☐
8. I spend time with people who make me happy.	☐	☐	☐	☐	☐
9. I love myself and give myself positive affirmations.	☐	☐	☐	☐	☐
10. I allow myself to show emotions.	☐	☐	☐	☐	☐
11. I spend time with my pets or in spaces in which I feel comfortable.	☐	☐	☐	☐	☐
12. I make time to do important things like creating a budget or studying.	☐	☐	☐	☐	☐
13. I ask for help if I need it.	☐	☐	☐	☐	☐
14. I spend time with people I care about who care about me too (friends or family).	☐	☐	☐	☐	☐
15. I unplug from harmful social media.	☐	☐	☐	☐	☐
16. I make quiet time for myself to complete necessary tasks.	☐	☐	☐	☐	☐
17. I take time to chat and get to know others (co-workers, students, neighbors, etc.).	☐	☐	☐	☐	☐
18. I set boundaries in my relationships with my partner, family, and friends.	☐	☐	☐	☐	☐
19. I take deep breaths if I find myself getting overwhelmed, and take time to tend to those emotions.	☐	☐	☐	☐	☐
20. I strive for balance among work, family, relationships, play and rest.	☐	☐	☐	☐	☐



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SCORING

GIVE YOURSELF A 3 FOR ANSWERING "I DO THIS FREQUENTLY," 2 FOR "I DO THIS OCCASIONALLY," 1 FOR "I RARELY DO THIS" AND 0 FOR "I NEVER DO THIS." SKIP THE QUESTIONS YOU ANSWERED "THIS DOESN'T APPLY TO ME."

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0-15 pts

It sounds like you may not be practicing a whole lot of self-care, but you can change that! Self-care is taking the time to care for myself in whichever ways work best for you. We know that to be in a healthy relationship we each need time for ourselves and our own interests, and sometimes even when we're single our work and school schedules can get in the way of us truly taking the best care of ourselves. It's important to remember that self-care is not selfish, it's self-LOVE. Chat with an advocate on www.loveisrespect.org

16-30 pts

It sounds like you may be practicing a little self-care, but could use some more guidance or ideas on how to best take care of myself. Remember: self-care is about taking the time to care for myself in whichever ways work best for you! Just start thinking about what you can do that makes you happy, and do it. Call, chat on www.loveisrespect.org or text LOVEIS to 22522 to speak with an advocate about more self-care ideas and what may be best for you.

31-45 pts

It sounds like you are doing a good job taking care of myself! Self-care is important for your emotional, mental, and physical well-being, so keep it up! If you're used to doing the same techniques or methods, maybe try something totally new. If you usually journal your feelings, try your hand at art. If you always go for a run or do a physical activity, try some meditation and deep breathing exercises too. New experiences can be fun!

46-60 pts

It sounds like you know all about self-care, and are excellent at taking those few moments to focus on you! Keep it up! Self-care can be a really positive thing for anyone, especially for people who have experienced some form of trauma.



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