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# Self-Care Questionnaire



Having good self-care not only provides the benefits of looking after yourself but also help you to be more productive and happier in yourself. We all know the importance of self-care in theory but don't necessarily follow it through into practice. Here is an exercise to help you do this.

Read through the statements below to establish which ones apply to you and which you feel you need to work on to improve your self-care.

Identify from your list the steps that you could take to improve your self-care. If you have any unhealthy coping strategies, identify the need they fulfil. Could you meet this need in a healthier way? For example, if eating junk food makes you feel good about yourself, could you use exercise instead? Note, when facing a difficult or stressful phase, you may need to increase your level of self-care.

- I make time for exercise several times a week.
- I drink lots of fluids daily (excluding alcohol, sugary drinks and caffeine).
- I have a healthy diet daily (lots of fruit and vegetables, balance of food groups, limited processed and junk food).
- I have a good quantity of quality sleep most nights.
- I know when I'm stressed and take steps to release it.
- I know what I'm feeling most of the time.
- I have a healthy outlet for my feelings.

- I do things that make me feel happy at least several times a week.
  - I spend time on my own several times a week.
  - I do things that make me feel relaxed several times a week.
  - I spend time in nature several times a week.
  - I focus on my strengths several times a week.
  - I am more positive than negative about life.
  - I do things that have meaning for me several times a week.
  - I work on myself and have reflection time regularly.
  - I spend time with a variety of friends, family members and other people who care about me regularly.
  - I have a healthy balance between work and play.
  - I devote time to considering my future regularly.
  - I reach out for support when I need it.
  - I drink alcohol socially and within health guidelines.
  - I avoid drugs and smoking.
  - My workspace is separate from my sleeping space.
  - I avoid electronic gadgets and wind down at least an hour before sleeping.
  - I take time to eat my meals and allow myself to digest my food properly.
  - I feel I'm able to take life at a pace that is comfortable for me.
- I only occasionally rush around and feel stressed.

## Additional Notes

Please use this section to write notes if you wish.

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