

Self-Care in Your Personal Life Questionnaire

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Date of completion:

Instructions:

1. Please rate each of the items, on the 0-3 scale, in terms of how often you use them in your workplace. Look at what you **actually do**, rather than what you think you **should do**.
2. Please total the scores for each of the subscales for the summary graphs at the end of the chapter.

	How Often			
	Never	Rarely	Fairly Often	Usually
	0	1	2	3
1. Physical Self-Care				
Eat regularly and healthily	☐	☐	☐	☐
Get regular exercise & maintain fitness	☐	☐	☐	☐
Get enough sleep (an average of 8 or more hours per day)	☐	☐	☐	☐
Take time for yourself	☐	☐	☐	☐
Get regular medical & dental preventative care	☐	☐	☐	☐
			Score	
2. Cognitive Self-care				
Take time for self-reflection	☐	☐	☐	☐
Recognize and value your strengths, capabilities and accomplishments	☐	☐	☐	☐
Discuss and exchange thoughts and ideas with others	☐	☐	☐	☐
Encourage yourself to be actively curious and interested	☐	☐	☐	☐
Read books or material that have nothing to do with work	☐	☐	☐	☐
			Score	
3. Psychological/Emotional Self-Care				
Listen to your internal experience (e.g., feelings, thoughts, beliefs, judgments, etc.)	☐	☐	☐	☐
Allow yourself to experience distressing emotions	☐	☐	☐	☐
Make space and opportunities for laughter and fun	☐	☐	☐	☐
Actively work to reduce your stress levels	☐	☐	☐	☐
Make opportunities to safely connect with others and be yourself	☐	☐	☐	☐
			Score	

	How Often			
	Never	Rarely	Fairly Often	Usually
	0	1	2	3
4. Behavioral Self-Care				
Ask for support and assistance when you need it	☐	☐	☐	☐
Do things where you are not an expert or not in charge	☐	☐	☐	☐
Say no to added responsibilities & stresses	☐	☐	☐	☐
Engage in hobbies or interests that are not work-related	☐	☐	☐	☐
Give yourself day-trips, mini-vacations or breaks from the routine	☐	☐	☐	☐
Score				

5. Interpersonal Self-Care				
Make time for your intimate relationship	☐	☐	☐	☐
Spend quality time with children & family members	☐	☐	☐	☐
Spend time with friends who are important to you	☐	☐	☐	☐
Take risks in letting people know different aspects of you	☐	☐	☐	☐
Set limits to taking on responsibilities and burdens that are not yours	☐	☐	☐	☐
Score				

6. Existential Self-Care				
Be aware of what is meaningful to you and notice its place in your life	☐	☐	☐	☐
Pray, meditate, or engage in other practices which give you grounding and a sense of peace	☐	☐	☐	☐
Hold awareness of the non-material aspects of your life	☐	☐	☐	☐
Find a spiritual connection or community that shares your beliefs & values	☐	☐	☐	☐
Take part, in some way, in causes you believe in	☐	☐	☐	☐
Score				