

A self-care questionnaire

Self-care is about being good to yourself. It's about making time to do things that you enjoy, and it helps you feel good about yourself in mind, body and soul.

Remember, not everything that feels good is self-care. We can all be tempted to use unhealthy ways to cope, like drugs, alcohol, over-eating and risk-taking. These might help us to manage stress in the short-term, but they can also be self-destructive.

How well are you at looking after yourself? Read the statements below and rate them according to the scale outlined below. When you're finished, take your final score and compare it to the results chart to see how well you're doing at looking after yourself.



RATINGS

AGREE = 3

PARTLY AGREE = 2

DISAGREE = 1

STATEMENT	RATING
1. I get 7–8 hours of sleep most nights.	
2. I watch no more than 3 hours of tv/movies every night.	
3. I go for walks or runs and/or play sport 3–4 times a week.	
4. I limit screen time on my phone to 2 hours a day.	
5. I limit takeaways and/or junk food to 2 times a week.	
6. I listen to music to help me relax.	
7. I don't smoke cigarettes.	
8. I do something for fun most days.	
9. I try to have some chill time for myself most days.	
10. I meditate, pray or take time for mindfulness activities most days.	

STATEMENT**RATING**

11. If I am sick, I go to bed to get better.

12. I stay connected with friends and family.

13. I like to read something every day.

14. I have a positive attitude, and I am mostly happy with my life.

15. I have a daily routine that works well for me.

16. I find something to laugh about each day.

17. I feel OK about asking for help when I need it and have someone in my life whom I trust.

18. I feel pretty good about how I look.

19. I don't drink or smoke marijuana or I drink/smoke safely.

20. I understand the difference between positive and negative risk-taking.

21. I don't worry too much about what other people think of me.

22. I am a good friend to myself. I don't put myself down.

23. I make time every day to make a note of things I feel grateful for.

FINAL SCORE

RESULTS

50–66:

**Congratulations
Anō te pai**

You are looking after yourself really well! You clearly understand the importance of self-care. Have a look at the areas where you only partially agreed or disagreed and see if there is one area that you would like to improve on. Keep up the great work!

You are making a great effort to look after yourself. Being kind to yourself and staying well and healthy is not always easy. Being mindful is important if we want to make changes that last. Writing down goals is a very useful way to remind ourselves about what we are focusing on achieving. Set one goal at a time. For example, setting up a gratitude journal.

40–49:

**Well done
Tino pai**

25–39:

**Nice work
Ka pai**

You understand that self-care is important and are making good efforts with some parts of your life. You may need some support to work on other areas. Have a good look at which areas you are doing well in and pat yourself on the back. Then look at which areas you may need to give a bit more attention to and improve on (for example, getting some extra sleep). Reward yourself when you see yourself making progress. Be creative with your rewards. Also, have a look at any areas you scored a 1 in. Talk to someone you trust about how you can get some support to work on these areas, especially if you think they are getting in the way of you being as happy and healthy as you want to be. Just focus on one at a time, as it's hard to change habits.

Good on you for completing the whole questionnaire! You are clearly interested in knowing how well you are doing at looking after yourself. Your score suggests you may need to give some more attention to caring for yourself. When we have lots of expectations put on us, or when we are feeling under some stress or pressure, self-care becomes a challenge. This, however, is the time when we must be most focused on it. Caring for ourselves is not selfish, because if we get unwell and run down, we can't help anyone else — like how, in an emergency on an aeroplane, we are told to put on our own oxygen mask before we help others. Have a chat to someone you trust about how you can make more time for yourself.

< 25:

**Good effort
Koi a kei a koe**

Now that you've got a good idea of where you're at with your self-care and what areas of your life you'd like to improve on, have a look at the videos, tips and tricks and other useful resources we've collated on our website:

<https://cometauckland.org.nz/resources/self-care-resources>