Self-Care Quiz:

Do You Need Self-Care?

Self-care is an important way to de-stress and learn to relax in chaotic or overwhelming situations. Self-care techniques include a variety of activities, coping methods, and introspection. Basically, the question is this: What makes *you* feel better, calmer, more capable of handling life’s stressors?

**The Center for Disease Control has stated that prolonged levels of stress and feeling overwhelmed can affect your health and ability to function.** Reducing your stress levels gives you more energy, boosts your immune system, and lowers your risk of depression and anxiety. Being intentional about self-care makes you a better parent because it helps you keep your head and remain patient. It helps you be a better employee because you can focus better on work tasks and deadlines, have a sense of motivation, and separate work from the rest of your life. Overall, self-care provides you with a sense of satisfaction because you are taking time out from your busy or overwhelming situation to re-centering yourself.

## Answer Yes or No, then compare your answers at the bottom to find ways to get involved in self-care.

1. Do you find yourself getting easily angered or agitated?

Yes No

1. At the end of the day, are you overwhelmed and unable to deal with things at home?

Yes No

1. Do you get frustrated trying to control difficult situations, projects, or schedules?

Yes No

1. Do you have trouble sleeping?

Yes No

1. Is it hard for you to find time to eat healthy and exercise?

Yes No

1. Do you have trouble separating your work life from your home life? Do you bring work home with you?

Yes No

1. Are you extremely critical of yourself?

Yes No

1. Do you have trouble letting go of past hurts or resentments?

Yes No

1. Do you have trouble concentrating on tasks?

Yes No

If you answered yes to any of these questions, it is a good idea to review some of the techniques for taking care of yourself in the Self-Care Activities and Make a Plan worksheets below. Even if you feel comfortable with the level of self-care you do, it can be helpful to find new ideas to give your self-care plan some variety and push yourself out of your comfort zone in healthy ways.

Self-Care Activities

Self-care is all about taking the time to do things that you want to do, things that will bring you joy and help you unwind when you are stressed. Below is a checklist of various activities in three categories (social activities, relaxation, recreation) that will help you come up with ideas. Simply check off whether the activity sounds interesting to you, and if you have participated in it in the past month. Then you will use those activities you like to build a plan for taking care of yourself regularly.

|  |  |  |
| --- | --- | --- |
| ACTIVITY | WOULD YOU ENJOY DOING THIS ACTIVITY? | HAVE YOU PARTICIPATED IN THIS ACTIVITY IN THE PAST MONTH? |
| **Social Activities:** | (check box) | (check box) |
| Visit family or friends |  |  |
| Call an old friend |  |  |
| Go to dinner with family or friends |  |  |
| Join a club/Attend a meeting |  |  |
| Go to church socials or classes |  |  |
| Go to a garage sale |  |  |
| Volunteer or do community service |  |  |
| Play games |  |  |
| Play in a band or sing in a choir |  |  |
| Create art or take an art class |  |  |
| Get involved with a support group |  |  |
| **Active Recreation:** |  |  |
| Go for a walk |  |  |
| Coach or participate in a sports team |  |  |
| Join a fitness group |  |  |
| Go camping, hiking, or fishing |  |  |
| Garden or do yard work |  |  |
| Visit a park |  |  |
| Take a road trip |  |  |
| Participate in watersports (surfing, jet skiing, sailing, swimming) |  |  |
| Go for a bike ride |  |  |
| Go to a museum, theme park, zoo, or carnival |  |  |
| Go to the movies |  |  |
| Go to a comedy club |  |  |
| Go to the theatre, or a free concert |  |  |
| Plan a vacation |  |  |
| Attend a sports event |  |  |
| Start a collection (stamps, shells, pebbles) |  |  |
| Take up a new hobby (bird watching, reading) |  |  |
| Cook |  |  |
| **Relaxation:** |  |  |
| Take a bath |  |  |
| Take a nap |  |  |
| Try journaling |  |  |
| Read scriptures or other inspirational works |  |  |
| Read a book for enjoyment |  |  |
| Try yoga or meditation |  |  |
| Get a massage |  |  |
| Laugh at a funny TV show or movie |  |  |
| Pet an animal |  |  |
| Put a puzzle together |  |  |
| Do a crossword puzzle or other word game |  |  |
| Do a sudoku puzzle or other number game |  |  |
| Go outside and spend time in nature |  |  |

Make a Plan

Now look at the activities you checked off that you are interested in trying, or know that you enjoy doing. Fill out this worksheet that will help you plan regular self-care and hang it somewhere you can see it often such as a fridge, bulletin board, or mirror to remind yourself to prioritize your needs so that you can truly be your best self. Try to include activities from all three categories on a weekly basis to get some variety.

|  |  |  |
| --- | --- | --- |
| **WEEK #\_\_\_\_** | | |
| DAY | WHAT ACTIVITY WOULD YOU LIKE TO DO? (fill in) | WERE YOU ABLE TO DO IT? (check box) |
| **Sunday** |  |  |
| **Monday** |  |  |
| **Tuesday** |  |  |
| **Wednesday** |  |  |
| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |

|  |  |  |
| --- | --- | --- |
| **WEEK #\_\_\_\_** | | |
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| **Tuesday** |  |  |
| **Wednesday** |  |  |
| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |

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| **Thursday** |  |  |
| **Friday** |  |  |
| **Saturday** |  |  |