Self-care checkup

1. How often do you eat breakfast?
   A. Most days.
   B. Once or twice per week.
   C. Every month or so.
   D. What’s breakfast?

2. When was the last time you had a really good laugh?
   A. Most days
   B. Once or twice per week.
   C. Every month or so.
   D. When I run into someone at the store.

3. How often do you spend social time with a friend (or friends)?
   A. Most days
   B. Once or twice per week.
   C. Every month or so.
   D. When I run into someone at the store.

4. How frequently do you connect with other colleagues?
   A. Most days
   B. Once or twice per week.
   C. Every month or so.
   D. Rarely.

5. How often do you watch a movie or TV show that YOU want to see?
   A. Most days
   B. Once or twice per week.
   C. Every month or so.
   D. Can’t remember.

6. When was the last time you said “no” to something that you really didn’t want (or feel able) to do?
   A. This morning.
   B. Last week.
   C. Last month.
   D. It’s never even occurred to me!
7. When did you last let someone else take care of you?
   A. Yesterday.
   B. Last week.
   C. Sometime this year.
   D. 2009.

8. How often do you sleep enough to feel rested during the day?
   A. Most nights.
   B. Once or twice per week.
   C. Every month or so.
   D. Too tired to remember.

9. When was the last time you read something just for fun?
   A. Today.
   B. Last week.
   C. Last month.
   D. Third grade.

10. How often do you meditate or pray?
    A. Most days
    B. Once or twice per week.
    C. Every month or so.
    D. Rarely.

11. How often do you take time to be sexual?
    A. Most days
    B. Once or twice per week.
    C. Every month or so.
    D. What's sex?

12. How often do you exercise or engage in a physical activity you enjoy?
    A. Most days
    B. Once or twice per week.
    C. Every month or so.
    D. Does housecleaning count?

Scoring
   Give yourself:
3 points for every A, 2 points for every B, 1 point for every C, and 0 points of every D answer
What's your score?
36-24 points: Congratulations, you seem to have a strong system set up to combat chronic stress, keep it up!
23-12 points: You are definitely in the fight against chronic stress, but you may be able to do more. It may be time to make a stronger commitment in your self-care action plan.
Fewer than 12 points: Wow! Looks like you may not be prioritizing yourself, and may be setting yourself up for compassion fatigue. Let's make a self-care action plan!

My Self-Care Action Plan and Commitment

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*Adapted by Sara Peterson from the Kempe, Child Welfare Training System for Colorado NAHRO Conference May 2019*