

## 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 do 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

Once a day:

Once a week:

Once a month:

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