



# 5 Ways To Wellbeing

Self Care Introduction Questionnaire



## Self-Care Questionnaire

Self-care is personal health maintenance. It is any activity that we do with the intention of improving or restoring health and it helps us treat or prevent disease and supports good health and wellbeing. You may find that you already do many things as part of your day-to-day routine.

### **5 benefits of self-care**

Slowing down as part of a self-care routine makes you more productive.

Self-care will help boost your immune system.

Self-care improves your self-compassion.

You'll find out who you really are. How many times do you stop and think, what do you LOVE to do?

You will have more to give others. Not less.

This questionnaire will help you see how well or how frequently you practice the different elements of self-care. This will help you learn about your own self-care and recognize areas of your life that may benefit from improvement. The aim of this is to help you learn about your own self-care and recognizing areas of your life that may benefit from improvement.

There are no right or wrong answers. The aim is just to identify areas for improvement. There may be parts of the questionnaire that you may not have any interest in and that's okay. There may be other things that you do that aren't on this list, but it is for you to think about your own wellbeing.

Please circle which one describes you best:

1. I rarely do this or not at all
2. I do this okay or sometimes
3. I would like to improve on this
4. I do this well or often

### **Physical self-care**

**1 2 3 4** Eat healthily

**1 2 3 4** Take care of personal hygiene

**1 2 3 4** Exercise

**1 2 3 4** Wear clothes that help me feel good about myself

**1 2 3 4** Eat regularly



- 1 2 3 4 Get enough sleep
- 1 2 3 4 Rest when I am unwell
- 1 2 3 4 Overall physical self-care

### **Emotional self-care**

- 1 2 3 4 Take time off from work and other obligations
- 1 2 3 4 Participate in hobbies
- 1 2 3 4 Get away from distractions such as phone & emails
- 1 2 3 4 Learn new things
- 1 2 3 4 Express my feelings in a healthy way (e.g. talking, being creative, journaling)
- 1 2 3 4 Recognize my own strengths and achievements
- 1 2 3 4 Do something comforting (e.g. watch a film, take a long bath)
- 1 2 3 4 Find reasons to laugh
- 1 2 3 4 Overall emotional self-care

### **Social Self-Care**

- 1 2 3 4 Spend time with people I like
- 1 2 3 4 Call or write to friends and family who are far away
- 1 2 3 4 Meet new people
- 1 2 3 4 Spend time alone
- 1 2 3 4 Ask others for help when needed
- 1 2 3 4 Do enjoyable activities with other people
- 1 2 3 4 Keep in touch with old friends
- 1 2 3 4 Overall social self-care

### **Spiritual Self-Care**



- 1 2 3 4 Spend time in nature
- 1 2 3 4 Meditate
- 1 2 3 4 Pray
- 1 2 3 4 Recognize the things that are meaningful to me
- 1 2 3 4 Set time for reflecting
- 1 2 3 4 Participate in a cause that is important to me
- 1 2 3 4 Appreciate the world around me
- 1 2 3 4 Overall spiritual self-care

**Professional Self-Care** (if applicable)

- 1 2 3 4 Improve my professional skills
- 1 2 3 4 Saying 'no' when you don't want to do something
- 1 2 3 4 Take on projects that are interesting or rewarding
- 1 2 3 4 Learn new things related to my profession
- 1 2 3 4 Take breaks during work
- 1 2 3 4 Maintain balance between my professional and personal life
- 1 2 3 4 Advocate for fair pay, benefits and other needs
- 1 2 3 4 Overall Professional Self-Care