***SELF-CARE ACTIVITY***

 ***How good are you at looking after yourself?***

 *Self-care has been proven to improve concentration, energy, and happiness. Other benefits also include reducing levels of stress, anxiety, depression, frustration, and anger.*

**Scoring Scale**

3 = Very like me 2 = Like me 1 = Unlike me 0 = Very unlike me

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| 1. I occasionally give myself something nice like a present or a treat
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| 1. I make time to do relaxing activities
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| 1. I believe it is necessary to be selfish at times
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| 1. I like it when others look after me when I am ill
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| 1. I plan events in my life that I can look forward to such as a holiday or an outing
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| 1. Every day I make sure I have some time to do something pleasant for myself
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| 1. I enjoy looking after my health and my appearance
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| 1. I like it when somebody gives me a present or compliments me
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| 1. I can praise myself if I think that I have done a good job
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| 1. I feel in control of my life, I do not simply live my life according to what other people want
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| 1. I make a point of eating healthy and not skipping meals
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| 1. I engage in exercise and aim to keep myself fit
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| 1. I deliberately make time to cultivate friendships with people I like
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| 1. I make time to engage in meaningful hobbies and activities
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| 1. Sometimes I have to put my own needs first which means I may have to hurt others
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| 1. I can say no when other people make demands on me
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Scores totalled to lower than 25 suggest a need to improve on self-care skills.