***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

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

Scores totalled to lower than 25 suggest a need to improve on self-care skills.