

SELF-CARE QUIZ



Re-charger?



Drainer?

I enjoy a hobby.....>

☐☐

I 'unplug' from technology.....>

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I express my emotions.....>

☐☐

I take days off / rest days from my responsibilities.....>

☐☐

I explore or learn about new things.....>

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I do things that relax me (eg long bath, gentle walk, jigsaw).....>

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I laugh.....>

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I attend GP/ dental check-ups.....>

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I rest when I'm ill.....>

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I drink plenty of water.....>

☐☐

I get enough sleep.....>

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I engage in physical exercise.....>

☐☐

I eat regular meals.....>

☐☐

I maintain good personal hygiene.....>

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I eat a healthy diet.....>

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I make time for people who are important to me.....>

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I keep in contact with friends/family who live far away.....>

☐☐

I have interesting, stimulating discussions.....>

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I am intimate with someone I care about/ on my own.....>

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In my personal life, I ask for help when I need it.....>

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I do something fun with other people.....>

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I make friends with/ talk to new people.....>

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At work, I ask for support when I need it.....>

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I have a comfortable working environment.....>

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I spend time socialising with work colleagues.....>

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I balance my work and leisure time.....>

☐☐

I pursue opportunities at work, when I can.....>

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I enjoy time outdoors.....>

☐☐

I do voluntary work for a charity or in the community.....>

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I engage in religious practice.....>

☐☐

I meditate.....>

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I allow myself quiet time for reflection.....>

☐☐

I consciously try to live by my values.....>

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I spend time appreciating beauty (eg music, art, literature).....>

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Are there any others you would add to this list?.....>

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Can you decrease
how often you do the
battery drainers?



Can you increase how
often you do the
battery re-chargers?