

SELF-CARE ASSESSMENT

Taking care of yourself can reduce stress and support your physical and mental health. Below are some actions that support well-being. Which of these are currently a part of your daily routine?

	I always do this	I sometimes do this	I rarely do this	Right now I don't do this	Has this changed recently?
Eat healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Get 7-8 hours of sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Take vacation time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Rest when I'm sick	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Exercise/movement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Pursue hobbies and interests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	YES / NO
Say "No."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Ask for help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	YES / NO
Take my prescribed medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Get preventative medical care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Spend time with friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	YES / NO
Consider my needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Time Outside or in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO