

Self-Care Quiz

Are you getting the basics?

It is difficult for someone to be attuned to their physical needs and maintain good health if they are chronically sleep deprived, distracted, overwhelmed, and so forth. Answers to the following questions should give you some insight into your self-care patterns. Check the box next to the question if you typically engage in the self-care behavior described.

<input type="checkbox"/>	1. Get 7 to 9 hours of sleep per night.
<input type="checkbox"/>	2. Eat regular meals and snacks. Do not skip meals or eat chaotically.
<input type="checkbox"/>	3. Include vegetables and fruit daily.
<input type="checkbox"/>	4. Watch no more than 2 hours of TV a day.
<input type="checkbox"/>	5. Engage in physical activity for 30 minutes at least 5 times a week.
<input type="checkbox"/>	6. Maintain a stress level lower than 5 on a scale of 1 to 10.
<input type="checkbox"/>	7. Balance your workload so that no one day or part of a day is “too much.”
<input type="checkbox"/>	8. Spend time outdoors.
<input type="checkbox"/>	9. Get medical care when necessary.
<input type="checkbox"/>	10. Say no to tasks that are not your responsibility if they would overwhelm you.
<input type="checkbox"/>	11. Make time away from telephones, computers, smartphones, etc.
<input type="checkbox"/>	12. Spend time with others whose company you enjoy.
<input type="checkbox"/>	13. Drink alcohol in moderation (14 drinks or fewer per week for men and 7 drinks or fewer per week for women).