

SELF-CARE QUESTIONNAIRE

Answer the following questions related to your self-care. Questions are categorized based on the 7 Spheres of Wellness: Physical, mental, emotional, spiritual, relational, financial, and professional.

Answer the following questions on a scale of 1 - 10, where 1 = never and 10 = always. NA = not applicable.

PHYSICAL SELF-CARE

- | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|----|
| 1. I eat a healthy, balanced diet consistently. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I engage in physical activity at least 3 times per week. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. I get at least 7 hours of quality sleep each night. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I limit caffeinated beverages to 3 cups or less per day. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I limit alcohol consumption to a healthy level.. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

MENTAL SELF-CARE

- | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|
| 1. I read, pray, and/or recite Scripture daily. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I take restorative breaks throughout my work-day. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. I spend time in quiet places, away from noise, weekly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I have the resources I need for mental health, e.g. counsellor, coach, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I shut off my devices or notifications after work daily. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 6. I limit my screen-time daily. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

EMOTIONAL SELF-CARE

- | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|
| 1. I am becoming more self-aware of my strengths and weaknesses each year. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I engage in recreational activities at least weekly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. I refrain from social media for several hours every day. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I shut off my notifications for several hours every day. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I engage in activities that fill me up emotionally weekly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

SELF-CARE QUESTIONNAIRE

SPIRITUAL SELF-CARE

- | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|
| 1. I spend intentional time with God every day. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I engage Scripture daily. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. I listen to and am learning to listen to the Holy Spirit daily. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I choose to obey God daily, even though I stumble. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I engage with a mentor monthly for support and spiritual care. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 6. I engage in safe, Godly relationships at least monthly to grow in my faith. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 7. I take a weekly Sabbath day that feels restorative. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

RELATIONAL SELF-CARE

- | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|
| 1. I have meaningful personal relationships. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I connect with close family or friends that I consider family daily. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. I connect with close family or friends that I consider family weekly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I have fun with friends weekly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I engage in mutual relationships with the people of my church weekly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

FINANCIAL SELF-CARE

- | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|----|
| 1. I have a plan for investing and saving for the future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I have someone who provides me with sound financial advice. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. My income sustains me and those I support. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I have the health benefits necessary to support me and those I support. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I have support to ensure financial requirements (e.g., taxes) do not cause me stress. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 6. I have financial resources to help me, such as an accountant, financial advisor, bank. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

PROFESSIONAL SELF-CARE

- | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|
| 1. I engage people who can help me solve problems monthly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 2. I feel supported in my workplace/s. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 3. I receive meaningful support from my overseeing organization monthly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 4. I take at least one day off a month for restoration. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 5. I take a restorative vacation at least once a year. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |
| 6. I feel the pace of my work is sustainable long-term. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | NA |

WHAT YOUR RESULTS REVEAL

This questionnaire takes into consideration an effective, holistic self-care model.

- Congratulations on the areas in which you scored high on the scale.
- Notice the areas in which you scored moderately.
- Focus on the areas in which you scored low on the scale. Use the following pages to create self-care goals in these areas.

YOUR ANSWERS

- 7-10 Responses in this range show an excellent level of self-care and should be affirmed.
- 4-6 Responses in this range show a low to moderate level of self-care. Consider simple strategies to move up the scale.
- 1-3 Responses in this range show a deficient and concerning level of self-care. Find someone you can talk to about creating a plan to gain realistic self-care in these areas. Use the following pages to create self-care goals. Choose one area at a time to make your goals manageable, enjoyable, and reachable.

SELF-CARE GOALS

Use these pages to note your challenges and create self-care goals.

- Choose one area at a time to make your goals manageable, enjoyable, and reachable.
- Talk with someone who can support you in your goals and keep you accountable.
- Celebrate every win!

Physical Self-care



Mental Self-care



Emotional Self-care



Spiritual Self-care



Relational Self-care



Financial Self-care



Professional Self-care



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You will benefit from my healthcare and wellness background. I worked as a Registered Massage Therapist in my Kitchener, Ontario clinic and the Wellness Centre of St. Mary's Hospital multidisciplinary team, helping bring victims of traumatic motor vehicle accidents back to wellness.

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