

# ARE YOU TAKING CARE?

Are you taking the time to take care of yourself?  
What are you crushing? What are you ignoring?  
Take this quiz and see where you measure up.  
Make yourself a priority.

Rate yourself on how well you think you are doing.

3 = I do this well

2 = I am okay at this

1 = I barely ever do this

0 = I never do this

## Physical Self-Care

- Eat regularly
- Eat healthy foods
- Exercise
- Get regular medical care for prevention
- Take time when you are sick
- Get massages
- Make time for fun physical activities  
(run, dance, sports, sing, walk, swim, etc.)
- Get enough sleep
- Wear clothes you like
- Other: \_\_\_\_\_

## What was your score?

## Psychological Self-Care

- Take a day trip somewhere
- Take time away from your cellphone, electronics, etc.
- Make time for self-reflection
- Notice your inner experiences, listen to your thoughts, beliefs and feelings
- Write in a journal
- Read something unrelated to school
- Minimize stress in your life
- Engage your intelligence in a new area (art, sports)
- Be curious
- Say no to extra responsibilities sometimes
- Other: \_\_\_\_\_

## What was your score?

## Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself praise/pat yourself on the back
- Love yourself
- Re-read favorite books/re-watch favorite shows
- Identify comforting activities, objects, people and places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Other: \_\_\_\_\_

## What was your score?

## Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you & notice its place in your life
- Meditate
- Pray
- Sing
- Have experiences of awe
- Contribute to causes that you believe in
- Read or listen to inspirational literature/talks/music
- Other: \_\_\_\_\_

**What was your score?**

## Relationship Self-Care

- Schedule regular dates with your partner
- Make time to see friends
- Call, check on, or see your relatives
- Spend time with your companion animals
- Make time to reply to personal messages and invitations
- Allow others to do things for you
- Grow your social circle
- Ask for help when you need it
- Share your fears, hopes, or secrets with someone you trust
- Other: \_\_\_\_\_

**What was your score?**

**What was your overall score on this quiz? \_\_\_\_\_**

## How do you measure up?

- 110 - 162      Your self care is well-balanced
- 55 - 109      Your self-care is average, but could improve
- 0 - 54        You need to try and work on your self-care

**NATIVE**   
connections



SENECA NATION  
HEALTH SYSTEM