

Self-Care Assessment Quiz

This self-care assessment quiz is designed to help you evaluate your current self-care practices and identify areas where you might need to focus more attention. Answer each question honestly based on how frequently you engage in the following activities.

Instructions: Rate each statement according to the following scale:

1 - Never

2 - Rarely

3 - Sometimes

4 - Often

5 - Always

Physical Self-Care

- ☐ I get enough sleep (7-9 hours per night).
- ☐ I eat a balanced diet that includes fruits, vegetables, whole grains, and lean proteins.
- ☐ I engage in physical activity or exercise regularly (at least 3 times a week).
- ☐ I take time to rest and relax without feeling guilty.
- ☐ I avoid excessive consumption of caffeine, sugar, or alcohol.

Emotional Self-Care

- ☐ I acknowledge and express my emotions in a healthy way.
- ☐ I engage in activities that bring me joy and happiness.
- ☐ I set aside time for self-reflection and mindfulness.
- ☐ I practice self-compassion and avoid self-criticism.
- ☐ I seek support from friends, family, or a therapist when I need it.

Mental Self-Care

- ☐ I take breaks when I feel mentally exhausted or overwhelmed.
- ☐ I engage in activities that challenge my mind, such as reading, puzzles, or learning new things.
- ☐ I practice positive thinking and gratitude regularly.
- ☐ I set boundaries with others to protect my mental well-being.
- ☐ I manage my time effectively to reduce stress.

Social Self-Care

- ☐ I spend quality time with loved ones and friends.
- ☐ I communicate my needs and boundaries clearly with others.
- ☐ I participate in social activities or groups that align with my interests.
- ☐ I maintain a balance between social time and alone time.
- ☐ I seek and nurture supportive relationships.



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Spiritual Self-Care

- ☐ I reflect on what gives my life meaning and purpose.
- ☐ I spend time in environments that inspire peace and calm.
- ☐ I regularly participate in activities that align with my values and beliefs.
- ☐ I spend time in environments that inspire peace and calm.
- ☐ I engage in practices that connect me to my spirituality or sense of purpose (e.g., meditation, prayer, nature walks).

Scoring:

- **Total Score:** Add up your scores from all the questions.

Interpretation:

- **100-125:** Excellent self-care! You are taking great care of yourself across multiple dimensions. Keep up the good work!
- **75-99:** Good self-care. You are doing well but might benefit from focusing more on the areas where your scores are lower.
- **50-74:** Fair self-care. You are addressing some aspects of self-care, but there are significant areas that need attention.
- **25-49:** Poor self-care. It's important to start prioritizing self-care to improve your overall well-being.
- **Below 25:** Very poor self-care. You may be neglecting your needs in multiple areas. Consider making self-care a priority and seeking support to develop healthier habits.

Next Steps:

- Review your scores in each section to identify areas where you may need more focus.
- Set specific, achievable goals to improve self-care in the areas that scored lower.
- Consider revisiting this assessment regularly to track your progress.

This quiz is a tool for self-reflection and growth. Use it to guide your self-care journey and make adjustments as needed to support your overall well-being.

