**NEW MODEL MEDICINE**

**SELF CARE QUESTIONNAIRE**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Research shows that people who take time to recharge and restore are more creative, happier, and more successful. They have better emotional regulation and are more resilient.*

This is a simplified questionnaire that may help you identify the areas of your life that are well-tended, and those that could use more time and attention. This is not meant to be a diagnostic assessment. Instead, it is a tool to help you see what you are doing to care for yourself. There are no right or wrong answers to these questions, and some of them may require a bit of thought. Take your time and answer each question to the best of your ability based on your self-care practices right now.

For the following questions, please rank each item on a scale of 0–5.

**0 – Never 1 – Rarely 2 – Sometimes 3 – Often 4 – Regularly 5 – Always**

**PHYSICAL WELLBEING- How often do you**

1. Eat whole foods based on colourful fruit and vegetables?
2. Sleep at least 7 hours per night?
3. Wake up feeling refreshed?
4. Spend time in nature?
5. Take time to breathe deeply throughout the day?

**MENTAL/EMOTIONAL/SPIRITUAL WELLBEING**

1. Make time to take part in things you enjoy?
2. Give and receive affection regularly?
3. Feel valued and understood by those close to you?
4. Express yourself creatively?
5. Remember to make your dreams and goals a priority?

**PROFESSIONAL LIFE/WORK/CAREER**

1. Work in a position that matches your professional goals?
2. Empathise and connect with customers, clients and work colleagues?
3. Feel supported at work?
4. Disengage and leave pressures at the end of the day?
5. Take regular holidays to allow for some downtime?

**SOCIAL LIFE/FAMILY RELATIONSHIPS**

1. Feel you have supportive family and friends close by?
2. Get enough social time/ do group activities that make you happy?
3. Have the ability to comfortably say no?
4. Spend fun time with family and friends at least once a week
5. Feel comfortable asking for help when you need it?

The higher the score, the better you may be at taking time for self-care and wellness in each aspect of your life.

**Trying to improve your scores can help create more balance in your life. Consider items on which you scored 3 or lower.**

How can you modify your behaviour to improve your self-care practices?

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What goals might you need to set in order to make these changes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Take a moment to look at the circles below and try and imagine how big each of the circles is in your case. Better self care will likely improve the balance.

Adapted from Gilbert, P. (2009). The Compassionate Mind: A New Approach To Life’s Challenges. London: Constable and Robinson.

**THREAT SYSTEM**

Manage threats

Protection

*Cortisol*

**SOOTHE SYSTEM**

Rest/Digest

Safety/kindness

*Oxytocin*

**DRIVE SYSTEM**

Achieve goals

Motivation

*Dopamine*