

Self Care Survey

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| 1. | I get at least 8 hours of uninterrupted sleep each night. | Yes | No |
| 2. | I try each day to eat healthy foods, including at least five fruits and vegetables a day. | Yes | No |
| 3. | I exercise every day, walking and/or playing sports for an hour. | Yes | No |
| 4. | I spend less than 2 hours a day with video games/Internet/TV. | Yes | No |
| 5. | I drink 6-8 glasses of water a day. | Yes | No |
| 6. | I have at least two personal goals (do well in school, go to college, and become good at a skill). | Yes | No |
| 7. | I wash my hands regularly, especially after using the bathroom. | Yes | No |
| 8. | I brush my teeth at least twice a day. | Yes | No |
| 9. | I protect myself from the body fluids of others (blood, semen, vaginal fluids) | Yes | No |
| 10. | When I'm upset, I practice ways to calm myself, to relax, to let go of my anger. | Yes | No |
| 11. | I practice safe sex by using a condom (and other forms of birth control) | Yes | No |
| 12. | I eat breakfast everyday | Yes | No |
| 13. | I limit eating fast food and sugary drinks | Yes | No |
| 14. | I make positive changes and choices in my life | Yes | No |
| 15. | I hang around people who make me feel positive about myself | Yes | No |
| 16. | I go for a regular check-up or visit my doctor yearly | Yes | No |

Self Care Tips

Here are some ways you can practice taking care of yourself, most are free.

Add your own ideas and share with your friends and family

1. Take deep cleansing breaths
 2. Listen to your favorite music
 3. Go for a walk
 4. Exercise
 5. Give/Receive a hug
 6. Relax Outside
 7. Laugh
 8. Read a book or magazine
 9. Sing/hum/whistle a happy tune
 10. Meditate/reflect
 11. Rent or go to a movie
 12. Watch my favorite TV show
 13. Eat healthy
 14. Go out to dinner
 15. Take a bubble bath
 16. Enjoy a relaxing nap
 17. Go outside in nature
 18. Stargaze
 19. Daydream
 20. Window shop
 21. Journal
 22. Write a poem or a song
 23. Play with pets
 24. Play in the park
 25. Reflect on what I value most in life
 26. Imagine myself achieving my goals and dreams
 27. Phone or spend time with a good friend
 28. Watch the sunrise/set
 29. Relax with a cup of tea
 30. Practice my favorite hobby
 31. Get a massage or give yourself one
 32. Blow bubbles
- Add your own...