

Physical self-care quiz

Answer the following questions on a scale of 0 to 5.

Rate how strongly you agree or disagree with the next statements.

0 being for disagreement.

5 being for strong agreement.

1. I regularly eat breakfast, lunch and dinner.
2. My meals are usually healthy.
3. When I'm sick I take time off work or seek medical advice.
4. I regularly do physical activities or exercise.
5. I go to bed at a regular time and get plenty of sleep.

Physical self-care quiz results

It looks like you've already started using strategies for your physical self-care. This is a great first step in ensuring your physical wellbeing.

Investing in physical self-care activities can help you to build energy to face life's challenges and support those around you when they need it.

How do you invest in your physical self-care? These activities can help:

- Make sure you eat a healthy lunch and snacks at work every day. A meal plan is a great way to get you organised and to simplify the process.
- Develop a pre-bed routine that reflects good 'sleep hygiene'. Make sure you're ready to sleep at the same time every night, and that you get plenty of rest.
- Push yourself by attending regular classes for a type of exercise you might never have done before, such as yoga or boxing.
- Get an overall health check with your GP, and don't forget your regular visits for optical and dental check-ups.