

## **Relationship 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 stay in regular contact with people who are important to me, such as my partner, children, friends and family.
2. I'm good at responding to personal communications from other people, such as calls, emails and messages.
3. I prioritise relationships with people who make me feel good about myself and who also value our relationship.
4. I can balance the time I need to myself well with time spent with other people.
5. I share my feelings with those I trust and ask them for help when I need it.

## Relationship self-care quiz results

It looks like you've already taken steps to surround yourself with good relationships. Continue building your resilience by adding more relationship self-care strategies into your life.

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

- Connect with old friends, acquaintances or networks by organising an event or catch-up.
- Manage your personal communications by going through old unanswered emails and messages and reaching out to people whose friendship you value.
- Commit to a regular joint activity with someone who is important to you, such as a weekly bike ride with your kids or a fortnightly call with your parents.
- Reflect on any negative relationships you might have and come up with a plan to manage them.