

Emotional 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 often spend time with people who are important in my life, such as family and friends.
2. I seek out activities that energise me, that I enjoy, or that spark my curiosity.
3. I express myself, such as by crying when I'm upset or speaking up on issues that are important to me.
4. I recognise my strengths and acknowledge my successes.
5. I feel grateful for what I have, more often than I feel disappointed by what I don't have.

Emotional self-care quiz results

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

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

- Use a journal to reflect on your day. Write down three good things you did, three things you're grateful for, and three things to focus on tomorrow.
- Invest time in the important relationships in your life. Find a hobby to share with a friend or your partner, go to an event you enjoy with an old friend, or give your mum a call.
- Build new relationships and connect to your passions by joining a group focused on something you're interested in, such as sports, the arts, books, or a local issue.
- Making your strengths and motivations part of your life is important for emotional self-care. Spend some time reflecting on your strengths and motivations, and introduce them into your daily life.