

Psychological 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 make time for personal hobbies and activities that I find enjoyable.
2. I listen to my 'inner voice' and notice changes in my mood and feelings.
3. I moderate unhealthy habits such as drinking alcohol, eating unhealthy foods, or spending too much time on my phone.
4. I'm able to actively minimise stress in my life.
5. I take time to reflect on the things I'm grateful for, what my strengths are and what I want to achieve.
6. I'm curious about life and I seek out new experiences.

Psychological self-care quiz results

To push yourself a little further, consider some of the following activities:

- Practise mindfulness exercises throughout the day and reflect on things you're grateful for.
- Think of a new skill you've always wanted to learn and use your spare time to practise, learn and experiment.
- Identify one of your strengths that you don't make much use of and find new ways to express it.
- Start a support group for your co-workers, especially those you know might benefit from extra support.
- Bring your hobby to work. Share some healthy baking, start a book club, or organise an informal trip to a sports event with co-workers.