

How Well Do You Take Care of Yourself?

Rate each item below from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

1 = Almost always 2 = Frequently 3 = Occasionally 4 = Rarely 5 = Never

1. I exercise on a regular basis.
1 2 3 4 5
2. I make and keep preventative and necessary medical and dental appointments.
1 2 3 4 5
3. I have a job or regular volunteer activity that is gratifying.
1 2 3 4 5
4. I am free of tobacco use.
1 2 3 4 5
5. I am free of alcohol or drug use.
1 2 3 4 5
6. I get an adequate amount of sleep each day.
1 2 3 4 5
7. I have a hobby or recreational activity that I enjoy and spend time doing.
1 2 3 4 5
8. I eat at least two or three balanced meals a day.
1 2 3 4 5
9. I have at least one person in whom I can confide (tell all my problems, discuss my successes).
1 2 3 4 5
10. I take time to do things that are important to me (e.g., go to church, spend time alone, garden, and read).
1 2 3 4 5
11. I have an easy time sleeping at night.
1 2 3 4 5
12. I have personal goals and I am taking steps to achieve them.
1 2 3 4 5

Add the numbers you circled for each item. **TOTAL SCORE** _____

Interpretation:

A total score of 12 to 24 –You are doing an excellent job taking care of yourself.

A total score of 25-36 –You have some room for improvement.

A total score of 37-48 –You are doing a poor job of taking care of yourself and are at moderately high risk for personal health problems.

A total score of 46-60 –You are at extremely high risk for personal health problems

Adapted from “Checklist for Caregivers” Do You Take Care of Yourself?” (Bass, 1990, p. 35) Bass, D.S. (1990). Caring families: Support and interventions. Silver Spring, MD: National Association for Social Workers.