

# How Much Do You Need Self-Care? A Checklist for Change Agents

Use the following scale to rate each of the following statements.:

<b>5</b> = Almost always	<b>4</b> = Often	<b>3</b> = Sometimes	<b>2</b> = Rarely	<b>1</b> = Never
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- I feel tired and stressed out all the time.
- I feel overwhelmed.
- I drop what I am doing to handle the next crisis that occurs.
- I keep pushing myself to tackle a seemingly never-ending to-do list.
- I have little time to be creative or innovative.
- I interrupt time spent with friends, family, and/or my partner to respond to work demands.
- I work late several nights during the week to try to catch-up.
- I work on the weekends and miss out on socializing with friends, family, and/or my partner.
- I do not get to participate in important family events due to work.
- I over-sleep and miss important events.
- I am more forgetful and confused.
- I make silly, avoidable mistakes.
- I miss deadlines and/or drop the ball on important tasks.
- I cut back on sleep to get more things done.
- I wake up in the middle of the night and obsess about all I have to do.

- I cancel and cut back on leisure and self-care activities to get things done.

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- I experience stress-related physical symptoms (headaches, twitches, body aches, etc.)

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- I get sick from over-working and not taking care of my health.

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- I am irritable, judgmental, and more easily triggered.

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- I over-react and can't moderate my emotions.

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- I resent other people who seem to live more balanced lives.

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- I use alcohol and/or drugs to relieve my stress.

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- I over-eat and/or eat foods that are not healthy for me to relieve my stress.

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- I am unhappy with my weight and body size/shape.

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- I gain unwanted weight.

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- I binge watch (tv, movies, Netflix) to relieve my stress.

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- I zone out on social media to relieve my stress.

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- I over-do other activities to relieve stress, such as: shopping, gambling, sex, working out, etc.

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- I feel weary and less motivated to create change.

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- I feel hopeless and helpless.

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- I feel apathetic and cynical.

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- I feel less joy, enthusiasm, and happiness in my life.

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- I do the bare minimum to get by.

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- I feel like I am just going through the motions.

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- I am not interested in socializing with friends.

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- People in my life are complaining about how tired and unavailable I am.

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