

Please note: this scale is not a clinical diagnostic instrument and is provided for educational purposes. It merely identifies some of the more common symptoms of stress. If you have any concerns about your state of emotional health, you should consult with a mental health professional.

**INSTRUCTIONS:** In the last month, how often has the following been true for you? Write the number that fits your reality on the line before each question.

0 | Never    1 | Seldom    2 | Sometimes    3 | Often    4 | Always

1. I have at least one full day off work each week. \_\_\_\_
2. I take some time for myself to be quiet, think, meditate, write and/or pray. \_\_\_\_
3. I work no more than eight hours a day when not on deployment. \_\_\_\_
4. I exercise for at least 25 minutes five days a week. \_\_\_\_
5. I do something I find fun (e.g., play a game, go to a movie, read a book etc). \_\_\_\_
6. I practice muscle relaxation, yoga, stretching, meditation or slow-breathing. \_\_\_\_
7. I share how I am feeling with at least one friend or my partner. \_\_\_\_
8. I sleep well and get 7-8 hours of sleep a night. \_\_\_\_
9. I am careful about what I eat and eat a balanced diet. \_\_\_\_
10. I drink at least 2 liters of water a day. \_\_\_\_
11. On balance I have more positive emotional experiences than negative. \_\_\_\_
12. At the end of the day I can leave the pressures of work behind. \_\_\_\_
13. I slow down when I am becoming tired, run- down and vulnerable to illness. \_\_\_\_
14. There are people who care about me that I trust, to whom I can talk if I want. \_\_\_\_
15. I do something I find creative or expressive. \_\_\_\_
16. I feel I have the training and skills I need to do my job well. \_\_\_\_
17. I stand up for myself, saying "no" when I need to. \_\_\_\_
18. At work I take a brief break every two hours & switch tasks regularly. \_\_\_\_
19. I spend time with trusted others who are part of a community of meaning and purpose (e.g. church group, community volunteers, work colleagues, book group). \_\_\_\_
20. I feel good about my ability to communicate with others. \_\_\_\_
21. I spend my time and energy doing what is really important to me in life. \_\_\_\_
22. I believe in my ability to accomplish goals, even when I encounter difficulties. \_\_\_\_
23. I set realistic goals for my life and work towards them. \_\_\_\_
24. I take good vacations. \_\_\_\_
25. I am able to let go of mistakes I have made. \_\_\_\_
26. I am able to manage conflict constructively. \_\_\_\_
27. I am able to let go of grudges. \_\_\_\_
28. I drink more than 1-2 alcoholic drinks, smoke, or use other recreational drugs. \_\_\_\_  
*(0) Most days | (1) 3-6 times a week | (2) Less than 3 times a week | (3) Almost Never*

**TOTAL SCORE:** \_\_\_\_\_

**INTERPRETATION GUIDELINES****0 – 29:**

A score in this range suggests that your self care skills and lifestyle balance strategies may be poor, and that you could probably benefit from developing a plan to change your lifestyle and improve your self-care.

**30 – 59:**

A score in this range suggests that your self care skills and lifestyle balance strategies may be average, and that you could possibly benefit from developing a plan to improve your self-care, especially if you have more stress than is typical for an adult.

**60 – 84:**

A score in this range suggests that you may have good self-care skills and lifestyle balance strategies in place, but could benefit from preparing for times of high stress by adding some additional practices.

**85 and above:**

A score in this range suggests that you may have good self-care skills and lifestyle balance strategies in place for building resilience.

**List 2-3 things you can do to improve your self care:**