SELF CARE AND LIFESTYLE BALANCE INVENTORY

Source: Headington Institute

Please note: this scale is not a clinical diagnostic instrument and is provided for educational purposes. It merely examines some of the more effective physical, psychological and spiritual methods of staying balanced and preventing burnout. If you have any concerns about your state of emotional health, you should consult with a mental health professional.

INSTRUCTIONS: In a typical month, how often has the following been true for you?
For each question, write the number that best fits your experience on the line before the question.

0 | Almost never   1 | Seldom   2 | Sometimes   3 | Often   4 | Almost 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 get 7-8 hours of sleep a night.
____ 9. I am careful to eat a balanced diet.
____ 10. I drink more than 1-2 alcoholic drinks. (0) most days | (1) several times a week | (2) once a week | (3) once a month | (4) never
____ 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 smoke or use other recreational drugs. (0) most days | (1) several times a week | (2) once a week | (3) once a month | (4) never

TOTAL SCORE: __________
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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:

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