

Mindful Resilience: Self-Care Needs Assessment

Welcome to the Mindful Resilience Self-Care Needs Assessment. Take a moment to reflect on your current well-being and discover personalized self-care recommendations.

Instructions: For each statement, choose a rating from 1 to 5 based on how well it reflects your current situation. (1 - Strongly Disagree, 2 - Disagree, 3 - Neutral, 4 - Agree, 5 - Strongly Agree)

1. I prioritize my own needs and well-being.

- 1
- 2
- 3
- 4
- 5

2. I make time for activities that bring me joy and relaxation.

- 1
- 2
- 3
- 4
- 5

3. I have a support system that I can lean on when needed.

- 1
- 2
- 3
- 4
- 5

4. I am aware of and manage my stress levels effectively.

- 1
- 2
- 3
- 4
- 5

5. I engage in activities that promote physical well-being.

- 1
- 2
- 3
- 4
- 5

6. I set healthy boundaries in my personal and professional life.

- 1
- 2
- 3
- 4
- 5

7. **I practice mindfulness or meditation regularly.**
 - 1
 - 2
 - 3
 - 4
 - 5
8. **I take breaks and allow myself to rest when needed.**
 - 1
 - 2
 - 3
 - 4
 - 5
9. **I communicate my needs and feelings effectively.**
 - 1
 - 2
 - 3
 - 4
 - 5
10. **I regularly engage in activities that stimulate my mind.**
 - 1
 - 2
 - 3
 - 4
 - 5

Results: Add up your scores for each statement to determine your overall self-care score.

- 10-20: There's room for improvement. Consider focusing on specific areas that scored lower.
- 21-30: You're doing well in some areas, but there's still room for growth. Identify specific actions to enhance your well-being.
- 31-40: Great job! You have a good foundation for self-care. Identify additional strategies to maintain and enhance your well-being.