



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