

Are You Getting the Basics?

It's difficult to expect to be attuned to your mind and body if you are chronically sleep deprived, work too much, and so forth. Answers to these questions will give you a sense of your self-care patterns.

<input type="checkbox"/>	1. How much sleep do you get on average?
<input type="checkbox"/>	2. What time do you usually go to sleep and wake-up?
<input type="checkbox"/>	3. How many hours per week do you work, including at home?
<input type="checkbox"/>	4. How often do you get together with friends?
<input type="checkbox"/>	5. Would you describe your usual eating pattern as chaotic? (Such as going long periods without eating or skipping meals.)
<input type="checkbox"/>	6. How often do you get outdoors?
<input type="checkbox"/>	7. How are you at setting limits with people—especially friends and family?
<input type="checkbox"/>	8. Do you say “yes” to little things that pile up on you? (Hoola Hoop Effect)
<input type="checkbox"/>	9. Do you tend to be a perfectionist?
<input type="checkbox"/>	10. Do you have any spiritual practices?
<input type="checkbox"/>	11. How often do you drink alcohol? And how much per occasion?
<input type="checkbox"/>	12. Do you feel guilty if you are “not productive”?
<input type="checkbox"/>	13. What do you do to relax?
<input type="checkbox"/>	14. How would you rate your current stress level on a scale of 1-10 (10 being the highest)?
<input type="checkbox"/>	15. How often do you engage in physical activity, such as walking, gardening, or dancing?
<input type="checkbox"/>	16. How much water do you drink daily?