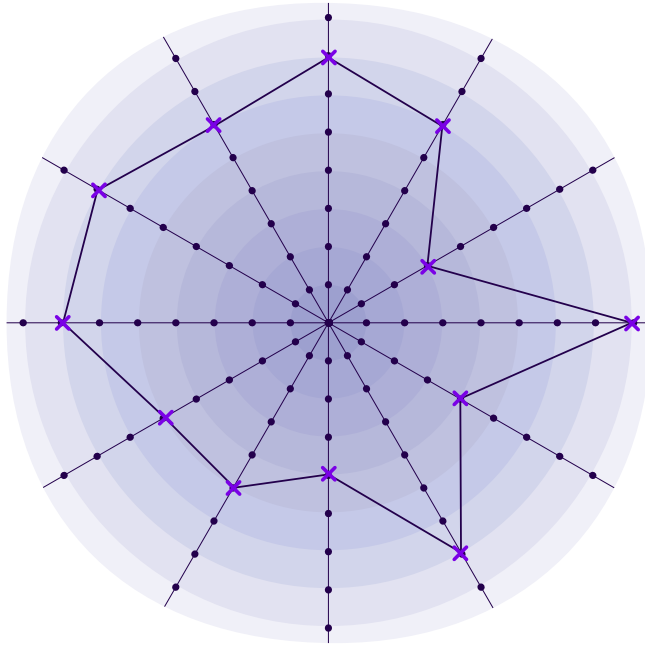


The *Self-Care* Test



This exercise is part of the
"Focus on your Self-Care" series

sanofi

The *Self-Care* Test

To help you focus on your *self-care*, it is important to take stock and gain an overview of how you are currently doing in everyday life. This test helps you assess yourself, by separating your *life into 12 sections* which you should reflect on to see the areas that you may need to prioritize your focus.

This test is a subjective self-assessment, in which you will use a scale of 1–10 to score each section of your life.

1 means *"very dissatisfied"* and 10 means *"very satisfied"*.

If you feel an aspect of your life isn't represented, you can personalize the test and amend the headings.

For each area of your life, you will mark on the scale with an 'X' how satisfied you are. Once you have done this for each section, you can then connect the points. This will visualize on the circle where you are already doing well and looking after yourself, but also highlight where you could perhaps focus on more and take time to consider actions as part of your self-care.

Try to be as honest as possible about how satisfied you are in these different areas of your life. Ideally, you should repeat this test every six to eight weeks.

Use the following questions to help you assess how satisfied you are with each area of your life.

1 How satisfied are you with your diet (food & drink)?

- Are you satisfied with how balanced your diet is?
- Would you like to reduce the amount of sugar or alcohol you consume?
- Do you manage to eat regular, filling meals? Are they balanced?

2 How satisfied are you with the quality of your sleep?

- Do you get enough sleep?
- Is there anything that might affect the quality of your sleep? Think about your mobile phone: is it turned on or off at night? Do you have a TV in your bedroom? Do you ever fall asleep in front of the TV?
- Can you easily fall asleep and stay asleep?
- What do you think about just before going to sleep? Positive thoughts from events that occurred that day, or negative thoughts that made you angry, worried, stressed?
- Do negative thoughts keep you awake at night?

Tip:

The thoughts you have just before falling asleep can often stick in your mind. *"The 5-2-21 Method"*, which is part of the "Focus on your Self-Care" series, can be valuable in making use of this time, to help you establish positive thought patterns in everyday life.

3 How satisfied are you with the ways in which you unwind and relax?

- Do you make sure you get regular time to relax?
- Do you only relax when on holiday or at the weekend?
- How satisfied are you with the quality of your breaks whenever you get a moment to yourself?
- Is there anything else you think you could do to unwind after a stressful day?

4 How satisfied are you with the level of control or autonomy you have over your everyday life?

- Do you often feel like you're constantly busy but not completing or reaching the end of a task?
- Do you feel dependent on other people?
- Do you feel you have the opportunity to do what you want in your free time?
- Do you find it easy or difficult to demand things for yourself?
- How satisfied are you that you can live your life the way you want to?
- What steps could you take to develop greater autonomy and control over your everyday life?

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5 How satisfied are you with the time you spend with your family and friends?

- How do you structure this shared time?
- Are there lots of moments where you can feel recharged from being together?
- Can these shared moments and preparing for them drain your social battery?
- Do you feel as if you have too many social obligations that might put you under pressure?
- Would you like to develop your social life further?

Tip:

Try to figure out which people may re-energize you, and which drain you. This isn't necessarily linked to how much you like them, it is more about allowing yourself to acknowledge that certain people are good for you at different times.

6 How satisfied are you with your mental health?

- Do you find it easy to concentrate?
- Do you feel that your thoughts are often racing?
- Are you able to easily calm your thoughts after stressful periods?

7 How satisfied are you with your physical health?

- How healthy have you felt during the last few weeks?
- When do you feel most healthy and strong in your everyday life?
- When do you feel less healthy?
- What can you do for yourself to feel better physically?

8 How satisfied are you with how much you exercise?

- Have you established a regular exercise routine in your everyday life?
- Do you usually take the car, even for short journeys?
- Or can you do certain things by bike, on foot, or another way?
- Do you take the lift or the stairs?

9 How satisfied are you with how often you get outside for some fresh air?

- Do you make sure that you regularly get fresh air?
- Do you get outside regularly, whether it's an urban or rural area?
- Do you get enough sunlight?

Tip:

The next time you go for a walk outside, take 10 breaths, breathing deeply into your belly each time.

10 How satisfied are you with your personal development?

- When and how often do you have the chance to push yourself and learn something new in your everyday life?
- Do you face small challenges in your everyday life?
- Do you foresee that you'll continue to develop in the future, regardless of your age?
- What skills, hobbies, or areas of your life do you particularly enjoy?
- Do you already include these in your everyday life?

11 How satisfied are you with your work?

- Do you enjoy going to work?
- Are your colleagues nice?
- Are you satisfied with your tasks and career prospects?

12 How satisfied are you with the ways you treat and value yourself?

- Do you find it easy to praise yourself?
- Do you occasionally give yourself a metaphorical pat on the back?
- Do you value yourself and recognize the effort you make day-to-day?
- Or do you only appreciate those around you, and leave no praise for yourself?
- Do you value or diminish yourself in your thoughts?

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Use the previous questions to help you assess yourself in each section of the test.

The circle on the template is divided into 12 equal sections, each with a heading representing an area of your life. These sections spanning the circle each have a scale, ranging from 1 or *"very dissatisfied"* in the center to 10 or *"very satisfied"* on the outside of the circle.

With a pen, mark an 'X' on the scale in each section to show how satisfied you are. Once you have done this, link each section together with a line to visualize your assessment.

The sections where the 'X' is closest to the middle will show you which areas of your life to focus your attention on going forward.

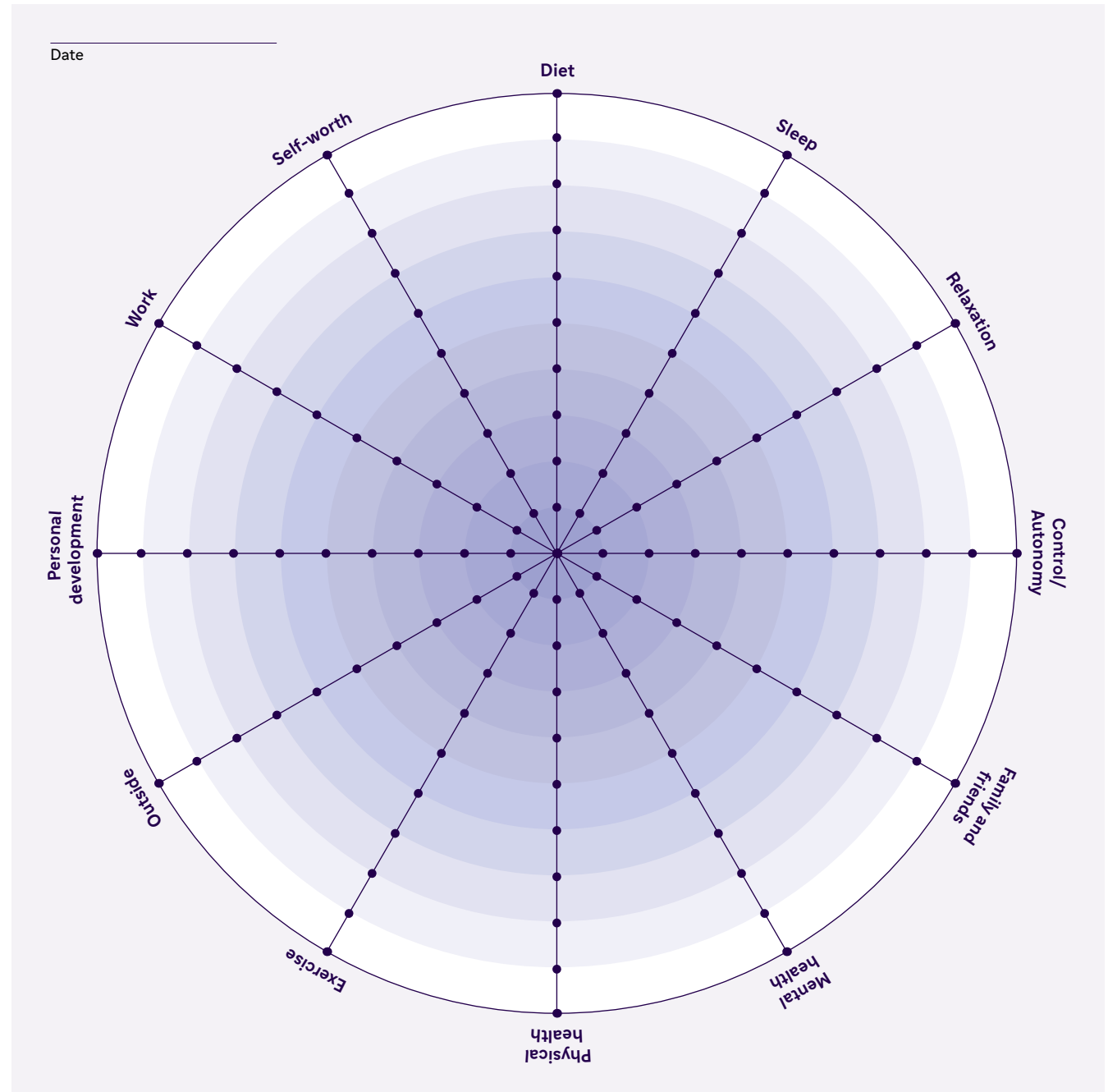


Image source: Gunda Tibelius