

# Self-Care Check-up

How many of these can you relate to?

*Please put a check left of each one you relate to.*

Feel like it's vacation time?

Worry at night, have trouble falling asleep or staying asleep?

Consider yourself unappreciated or "used"?

Feel tired even when you get enough sleep?

Dread going to work?

Feel irritated, annoyed, or disappointed in people around you?

Suffer from physical complaints or frequent illness (headaches, stomach/back/neck aches)?

Feel overwhelmed?

See friends and family less often than you would like to?

More forgetful (about appointments, deadlines, personal possessions) ?

Always watching the clock?

Feeling too busy or pulling away from people?

Increasing your use of alcohol or drugs?

Too busy to do ordinary things (making phone calls, reading)?

What was your total score? \_\_\_\_\_/14

There is no right or wrong score, however, the higher the score, the more likely you are to be burned out. Please take a moment and evaluate what this number says to you. Do you think it may be time to make a change? Your feelings on the matter are more important than a number. Reach out for help if you need it!

National Suicide Prevention Lifeline: 1-800-273-8255

