

# Self-Care Quiz

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• Are you aware of and in tune with your emotional well-being?	Are you aware of and in tune with your emotional well-being?	54321
• How frequently do you go on holiday or take breaks to recharge and rejuvenate? 54321	How frequently do you go on holiday or take breaks to recharge and rejuvenate?	54321
How often do you experience feelings of overwhelm or anxiety?  1 2 3 4 5	How often do you experience feelings of overwhelm or anxiety?	12345
• How often do you engage in physical activity to support your overall well-being? 54321	How often do you engage in physical activity to support your overall well-being?	54321



## Self-Care Quiz

### Total Score Interpretation

#### 0 20-40

#### Low risk

You seem to have strong self-care habits in place — well done. Keep prioritizing your well-being and make time for the things that support your energy and mindset.

#### 41-60

#### Moderate risk

You're doing okay, but there may be areas where your self-care could be stronger. Take a moment to notice what's slipping — and explore some small changes that could make a difference.

#### **41-60**

#### High risk

You may be feeling depleted, stretched, or close to burnout. It's important to take action now — whether that's reducing pressure, getting support, or rebuilding your self-care in a more intentional way.

#### **41-60**

#### Very high risk

This score suggests you may be under significant stress. Please consider talking to a therapist, counsellor, or healthcare professional. You're not alone, and support is available.

#### A Note from Dr. Gemma

This quiz isn't a diagnostic tool — just a reflective starting point. Your score is yours alone, and what matters most is what you choose to do with it.

Coaching can be a valuable next step if you're looking to rebalance, reconnect, and move forward with support. If anything here resonates, I'd love to talk.