



Self-Care Quiz

This short quiz is designed to help you reflect on how you're really doing: mentally, emotionally, and physically. It's a private check-in, just for you.

For each question, circle the number that best describes your experience right now. Once you've answered them all, add up your score and read the guide at the end.

RARELY

FREQUENTLY

- | | |
|---|-----------|
| • How often do you find yourself feeling physically exhausted, even after a full night's sleep? | 1 2 3 4 5 |
| • Do you regularly take breaks during the workday to rest and recharge? | 5 4 3 2 1 |
| • How often do you experience difficulty concentrating or making decisions? | 1 2 3 4 5 |
| • Are you able to set healthy boundaries in your personal and professional life? | 5 4 3 2 1 |
| • How often do you engage in activities that bring you joy and relaxation? | 5 4 3 2 1 |
| • Do you find it challenging to say "no" to additional responsibilities or requests? | 1 2 3 4 5 |
| • You feel as if you manage stress well and handle unexpected challenges in your stride? | 1 2 3 4 5 |
| • Are you satisfied with the amount and quality of sleep you get each night? | 5 4 3 2 1 |
| • Are you able to delegate tasks and ask for help when needed? | 5 4 3 2 1 |
| • Do you prioritize time for hobbies and interests outside of work or other responsibilities? | 5 4 3 2 1 |
| • Are you able to disconnect from work or other stressors during your leisure time? | 5 4 3 2 1 |
| • Are you able to communicate your needs and feelings to others effectively? | 5 4 3 2 1 |
| • Do you make time for regular social interactions with friends or loved ones? | 5 4 3 2 1 |
| • How often do you experience feelings of guilt or inadequacy? | 1 2 3 4 5 |
| • Are you satisfied with the balance between your work life and personal life? | 5 4 3 2 1 |
| • How often do you practice mindfulness or relaxation techniques? | 5 4 3 2 1 |
| • Are you aware of and in tune with your emotional well-being? | 5 4 3 2 1 |
| • How frequently do you go on holiday or take breaks to recharge and rejuvenate? | 5 4 3 2 1 |
| • How often do you experience feelings of overwhelm or anxiety? | 1 2 3 4 5 |
| • How often do you engage in physical activity to support your overall well-being? | 5 4 3 2 1 |



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Total Score Interpretation

● 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.