

SELF-CARE FOURSQUARE

SELF-CARE QUIZ

WHEN YOU FEEL STRESSED DO YOU:

YES NO

Engage in physical activity	A	B
Drink more caffeine than usual	B	A
Get less than 6 to 8 hours of sleep	B	A
Make time to relax	A	B
Connect with family or friends	A	B
Overeat or under eat	B	A
Get organized, make a list	A	B
Maintain healthy routines and hygiene habits	A	B
Spend too much money (more than you plan to)	B	A
Find that you get upset, frustrated or angry easily	B	A
Note your accomplishments and reward yourself	A	B
Watch a lot of shows, movies, TV, Netflix (more than 3 hours a day)	B	A
Ignore or deny stress symptoms	B	A
Engage in positive thinking, humor, optimism or gratitude	A	B
Avoid what needs to get done and the sources of stress	B	A
Create a plan to manage or reduce stress	A	B
Lose yourself in internet browsing for long periods of time	B	A

TALLY: _____ A responses _____ B responses

RESULTS!

SELF-ASSESSMENT RESULTS:

Mostly As – Good for you! You are already using some self-care strategies in your regular routine and you are avoiding many of the common behaviors that amplify stress levels. Your next level of self-care will be fine-tuning this work and ensuring consistency!

Some As, Some Bs – You've got a good start to self-care, and luckily there is always room to improve. In the pages to follow you'll have a chance to think about not just the strategies and behaviors you want to start doing, but maybe those you want to stop doing as well!

Mostly Bs – It's time to get started on some self-care practices! Your results demonstrate that you often engage in behaviors that amplify stress and may not be taking advantage of some strategies to reduce stress. We think you'll be delighted by what you can accomplish with a little reflection and planning.

WHAT'S NEXT?

Consider checking out these other resources:

50 ways to take a break – Like everything else, we can get into the habit of taking breaks by doing certain things. Expand your break catalogue and check out these options. Do you see something new you'd like to try? Even a quick five minute break can be a great way to refresh, recharge, recalibrate.

E.A.S.E your stress – You just engaged in this assessment. With what you learned, and everything else you know about yourself, how can you ease your stress?

Visit the CAPS Mind Spa – If you're here at OSU, you can meditate, engage in guided relaxation, or sit back in a massage chair. This space is for you, and appointments can be made by visiting their online appointment system (which can also be accessed via <http://counseling.oregonstate.edu/mind-spa>).

This assessment was adapted from: <https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/lifestyle-behaviors.pdf>, and developed for the **DAM Good Self-Care** packet that was created in collaboration with OSU's Counseling & Psychological Services.

To pick up a **DAM Good Self-Care** packet, swing by the ASC (Waldo Hall 125) or CAPS (Snell Hall 500), and for more self-care activities, please visit <http://counseling.oregonstate.edu/main/dam-good-self-care>.

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