



# ARE YOU TAKING CARE OF YOURSELF?

**Answer YES or NO to the following questions:**

1. Do you take time to have a leisurely bath or shower?  YES  NO
2. Do you take time to brush your teeth?  YES  NO
3. Do you have three distinct meals a day?  YES  NO
4. Do you sit during those meals?  YES  NO
5. Do you eat without a child or baby in your lap?  YES  NO
6. Do you rest or nap while your baby naps?  YES  NO
7. When your partner, family or friends offer to help do you accept?  YES  NO
8. Do you ask for help when you need it?  YES  NO
9. Do you have someone watch your child(ren) so you can go out and do something you really enjoy?  YES  NO
10. Do you allow yourself to sit without worrying about all the work you have to do?  YES  NO
11. Do you have friends you can call when you are down, friends who will really listen?  YES  NO
12. Do you buy things for yourself not just for the baby/children?  YES  NO
13. Do you read a magazine or book just for pleasure?  YES  NO
14. Do you say yes or no to sex because that is what you want?  YES  NO
15. Do you get enough exercise?  YES  NO
16. Do you make time for solitude, if you want it?  YES  NO
17. Do you ever accept yourself for who you are?  YES  NO
18. Can you remember the last time you laughed until you cried?  YES  NO

How many questions did you answer yes too? Work on one or two things from the above list to help improve your self care.