

# HEADS ABOVE THE WAVES

## Self-Care Spectrum

Use this scale to figure out whether each area of your life is harming yourself or caring for yourself. If you do this regularly, you can spot any changes over time, and which bits of your life need some work.

*This is a  
problem*

*This is fine*

Food	1	2	3	4	5	6	7	8	9	10
Sleep	1	2	3	4	5	6	7	8	9	10
Exercise	1	2	3	4	5	6	7	8	9	10
Studying	1	2	3	4	5	6	7	8	9	10
Relaxing	1	2	3	4	5	6	7	8	9	10
Sex	1	2	3	4	5	6	7	8	9	10
Friends	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Drugs/Alcohol	1	2	3	4	5	6	7	8	9	10

Any other areas of your life:

..... 1 2 3 4 5 6 7 8 9 10

..... 1 2 3 4 5 6 7 8 9 10

..... 1 2 3 4 5 6 7 8 9 10

Name: .....

Date: .....