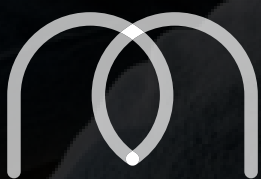




What self-care do you need right now?

An MHFAider quiz



MHFA England



Why self-care matters

We previously shared the 'Self-care for MHFAiders' resource, as part of our self-care series. This explained the science behind self-care, its positive impacts and some limitations, why it matters to the MHFAider role, and how you can improve your own self-care.

In this resource, you have the chance to engage in a self-led quiz and gain a better understanding of your needs right now.





* Quiz

Instructions

This is a multiple-choice quiz based on the [Five Ways to Wellbeing](#), an evidence-based model of wellbeing, developed by the New Economics Foundation and endorsed by the UK Government.

1. Go through each question in chronological order and select your answer (A, B, C, D, or E) by clicking the button to the left of it. There is no right or wrong answer.
2. Once you have completed the questions, count how many of each letter you have selected. The letter you chose the most is your result (i.e. mostly answer A).
3. Take a look at our tips associated with your result.

You can take the quiz multiple times to see if your needs and activity suggestions change or evolve.



Questions

1. Which of the following best describes your situation at present?

- A. Looking after others
- B. Working at a computer or looking for work
- C. Balancing multiple responsibilities
- D. Working outside of an office environment
- E. Practising your hobbies

2. How do you want your self-care activity to help you feel?

- A. Supported
- B. Energised
- C. Well-rested
- D. Motivated
- E. Engaged

3. What have you been struggling with lately?

- A. Feeling lonely
- B. Lacking excitement
- C. Feeling overwhelmed
- D. Experiencing low self-esteem
- E. Lacking a sense of purpose

4. How do you like spending your time at the moment?

- A. Making people smile or laugh
- B. Improving your physical health
- C. Doing very little
- D. Being creative
- E. Making positive change

5. What activity do you enjoy the least?

- A. Reading about social issues
- B. Taking notes
- C. Going to parties
- D. Meditation
- E. Competitive sports

6. Who have you preferred spending your time with recently?

- A. People you know
- B. Yourself, mostly outside
- C. Yourself, mostly at home
- D. Podcast/TV/book characters or narrators
- E. New people

7. Which activity would you prefer to try or do again?

- A. Deliver a presentation to a group of people
- B. Swim in the sea
- C. Travel somewhere alone
- D. Go to an immersive art exhibition
- E. Join a protest



* Connect

Answers

You answered mostly A: Connect

Being social means different things for different people. Connecting with others, in whatever way we are comfortable, can help us feel close to people and valued for who we are.

- Share your feelings or laughter with family and friends in person, via a phone/video call or in a text or letter.
- Arrange a gaming, board game, pamper, or dinner evening with group of people you know.
- Spend time with any pets in your life or visit your local animal petting area.

Try something new: disconnect

- Connect with your pillow and get a good night's sleep.
- Develop healthier social media habits or limit your screen time.

If you need someone to talk to, reach out to Shout's text support service via the MHFAider Support App® or call the Samaritans on their free 24/7 phoneline on 116 123.



* Get active

You answered mostly B: Get active

Even small levels of physical activity can help you sleep better and reduce feelings of stress and anxiety.

- Do some stretches or light exercise at lunch or breaktime.
- Sign up to a local sports club, gym, or swimming pool.
- Plant some seeds or bulbs in your garden or allotment space.

Try something new: make time to be playful

- Book an escape room session for you and a group of friends/family/peers.
- Dance freely to your favourite heavy metal track at home.



* Take notice

You answered mostly C: Take notice

Taking notice of your environment and acknowledging your feelings can help you understand what may cause or reduce any feelings of stress or anxiety.

- Try to create a comfortable home space by having a 'clear the clutter' hour.
- Write down what you like about yourself.
- Travel a new route to your destination and concentrate on what you can see/hear/feel.

Try something new: set boundaries for yourself

- Say no to that get together invitation that is making you feel nervous.
- If you live in a busy household, share out the chores and set some rest time aside for yourself.



* Learn

You answered mostly D: Learn

Feeling like you're learning and developing, and often setting goals, can boost your self-esteem.

- Visit your nearest library or opt for a newspaper crossword or Sudoku.
- Learn more about your own or other cultures, or spirituality.
- Try a new practical skill such as woodworking or learn new words in your own or a new language.

Try something new: indulge in the 'lowbrow'

- Listen to a podcast episode with a favourite celebrity.
- Learn how to make your favourite comfort food.



* Give

You answered mostly E: Give

Taking part in community life and helping others can help you to feel connected and part of positive change.

- Check if there are any volunteering opportunities in your local area.
- Say thank you to people around you, such as those delivering your post, serving you in a café, or driving your bus.
- Join a campaign group and support a cause that matters to you.

Try something new: build on your empathy

- Rather than just scrolling, consider your digital interactions as a chance to better understand and connect with others.
- Recognise and praise people around you when they demonstrate empathy.

There's no right or wrong

The truth is you will probably feel like doing different things at different times, and that's fine. Self-care is about taking the time to do something to improve your mood and benefit your health, whatever that may be. For some people that might be dedicating three minutes a day to karaoke to the radio whilst cooking dinner – for others it could be working towards a long-term goal. Whether your activity this week or month is boating or boxing, literature or Lego, the most important thing is to do it.



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