

## Mindful Self-Care Scale – Clinical

Please Cite as: Cook-Cottone, C. P. (2015). *Mindfulness and yoga for embodied self-regulation: A primer for mental health professionals*. New York, NY: Springer Publishing. (See text for a detailed description of the measure)

The Mindful Self-Care Scale – Clinical is an 84-item scale that measures the self-reported frequency of behaviors that measure self-care behavior.

**Self-care** is defined as the daily process of being aware of and attending to one's basic physiological and emotional needs including the shaping of one's daily routine, relationships, and environment as needed to promote self-care. Mindful self-care addresses self-care and adds the component of mindful awareness.

Mindful self-care is seen as the foundational work required for physical and emotional well-being. Self-care is associated with positive physical health, emotional well-being, and mental health. Steady and intentional practice of mindful self-care is seen as protective by preventing the onset of mental health symptoms, job/school burnout, and improving work and school productivity.

This scale is intended to help individuals identify areas of strength and weakness in mindful self-care behavior as well as assess interventions that serve to improve self-care. The scale addresses 10 domains of self-care: nutrition/hydration, exercise, soothing strategies, self-awareness/mindfulness, rest, relationships, physical and medical practices, environmental factors, self-compassion, and spiritual practices. There are also three general items assessing the individual's general or more global practices of self-care.

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***Circle the number that reflects the frequency of your behavior (how much or how often) within past week (7 days):***

<b>Never (0 days)</b>	<b>Rarely (1 day)</b>	<b>Sometimes (2 to 3 days)</b>	<b>Often (4 to 5 days)</b>	<b>Regularly (6 to 7 days)</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Reverse-Scored:**

<b>Never (0 days)</b>	<b>Rarely (1 day)</b>	<b>Sometimes (2 to 3 days)</b>	<b>Often (4 to 5 days)</b>	<b>Regularly (6 to 7 days)</b>
<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

**The questions on the scale follow.**

## Mindful Self-Care Scale – Clinical

### Nutrition/Hydration (NH) – 7 items

I drank at least 6 to 8 cups of water	1	2	3	4	5
Even though my stomach felt full enough, I kept eating <i>*reverse scored*</i>	5	4	3	2	1
I adjusted my water intake when I needed to (e.g., for exercise, hot weather)	1	2	3	4	5
I skipped a meal <i>*reverse scored*</i>	5	4	3	2	1
I ate breakfast, lunch, dinner, and, when needed, snacks	1	2	3	4	5
I ate a variety of nutritious foods (e.g., vegetables, protein, fruits, and grains)	1	2	3	4	5
I planned my meals and snacks	1	2	3	4	5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

### Exercise (E) – 7 items

I exercised at least 30 to 60 minutes	1	2	3	4	5
I took part in sports, dance or other scheduled physical activities (e.g., sports teams, dance classes)	1	2	3	4	5
I did sedentary activities instead of exercising (e.g., watched tv, worked on the computer) <i>*reverse scored*</i>	5	4	3	2	1
I sat for periods of longer than 60-minutes at a time <i>*reverse scored*</i>	5	4	3	2	1
I did fun physical activities (e.g., danced, played active games, jumped in leaves)	1	2	3	4	5
I exercised in excess (e.g., when I was tired, sleep deprived, or risking stress/injury) <i>*reverse scored*</i>	5	4	3	2	1
I planned/scheduled my exercise for the day	1	2	3	4	5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

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### Self-Soothing (S) – 13 items

I used deep breathing to relax	1	2	3	4	5
I did <u>not</u> know how to relax <i>*reverse scored*</i>	5	4	3	2	1
I thought about calming things (e.g., nature, happy memories)	1	2	3	4	5
When I got stressed, I stayed stressed for hours (i.e., I couldn't calm down) <i>*reverse scored*</i>	5	4	3	2	1
I did something physical to help me relax (e.g., taking a bath, yoga, going for a walk)	1	2	3	4	5
I did something intellectual (using my mind) to help me relax (e.g., read a book, wrote)	1	2	3	4	5
I did something interpersonal to relax (e.g., connected with friends)	1	2	3	4	5
I did something creative to relax (e.g., drew, played instrument, wrote creatively, sang, organized)	1	2	3	4	5
I listened to relax (e.g., to music, a podcast, radio show, rainforest sounds)	1	2	3	4	5
I sought out images to relax (e.g., art, film, window shopping, nature)	1	2	3	4	5
I sought out smells to relax (lotions, nature, candles/incense, smells of baking)	1	2	3	4	5
I sought out tactile or touch-based experiences to relax (e.g., petting an animal, cuddling a soft blanket, floated in a pool, put on comfy clothes)	1	2	3	4	5
I prioritized activities that help me relax	1	2	3	4	5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

### Self-Awareness/Mindfulness (SA) – 10 items

I had a calm awareness of my thoughts	1	2	3	4	5
I had a calm awareness of my feelings	1	2	3	4	5
I had a calm awareness of my body	1	2	3	4	5

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I carefully selected which of my thoughts and feelings I used to guide my actions	1	2	3	4	5
I meditated in some form (e.g., sitting meditation, walking meditation, prayer)	1	2	3	4	5
I practiced mindful eating (i.e., paid attention to the taste and texture of the food, ate without distraction)	1	2	3	4	5
I practiced yoga or another mind/body practice (e.g., Tae Kwon Do, Tai Chi)	1	2	3	4	5
I tracked/recorded my self-care practices (e.g., journaling, used an app, kept a calendar)	1	2	3	4	5
I planned/scheduled meditation and/or a mindful practice for the day (e.g., yoga, walking meditation, prayer)	1	2	3	4	5
I took time to acknowledge the things for which I am grateful	1	2	3	4	5
Total	_____				
Average for Subscale = Total/# of items	_____				

### Rest (R) – 7 items

I got enough sleep to feel rested and restored when I woke up	1	2	3	4	5
I planned restful/rejuvenating breaks throughout the day	1	2	3	4	5
I rested when I needed to (e.g., when not feeling well, after a long work out or effort)	1	2	3	4	5
I took planned breaks from school or work	1	2	3	4	5
I planned/scheduled pleasant activities that were not work or school related	1	2	3	4	5
I took time away from electronics (e.g., turned off phone and other devices)	1	2	3	4	5
I made time in my schedule for enough sleep	1	2	3	4	5
Total	_____				
Average for Subscale = Total/# of items	_____				

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### Relationships (RR) – 7 items

I spent time with people who are good to me (e.g., support, encourage, and believe in me)	1	2	3	4	5
I scheduled/planned time to be with people who are special to me	1	2	3	4	5
I felt supported by people in my life	1	2	3	4	5
I felt confident that people in my life would respect my choice if I said “no”	1	2	3	4	5
I knew that, if I needed to, I could stand up for myself in my relationships	1	2	3	4	5
I made time for people who sustain and support me	1	2	3	4	5
I felt that I had someone who would listen to me if I became upset (e.g., friend, counselor, group)	1	2	3	4	5
Total	_____				
Average for Subscale = Total/# of items	_____				

### Physical/Medical (PM) – 8 items

I engaged in medical care to prevent/treat illness and disease (e.g., attended doctor’s visits, took prescribed medications/vitamins, was up to date on screenings/immunizations, followed doctor recommendations)	1	2	3	4	5
I engaged in dental care to prevent/treat illness and disease (e.g., dental visits, tooth brushing, flossing)	1	2	3	4	5
I took/did recreational drugs <i>*reverse scored*</i>	5	4	3	2	1
I did <u>not</u> drink alcohol	1	2	3	4	5
I practiced overall cleanliness and hygiene	1	2	3	4	5
I accessed the medical/dental care I needed	1	2	3	4	5
I did not smoke	1	2	3	4	5
I did not drink alcohol in excess (i.e., more than 1 to 2 drinks [ <i>1 drink = 12 ounces beer, 5 ounces wine, or 1.5 ounces liquor</i> ])	1	2	3	4	5
Total	_____				

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Average for Subscale = Total/# of items \_\_\_\_\_

### Environmental Factors (EF) – 9 items

I maintained a manageable schedule	1	2	3	4	5
I avoided taking on too many requests or demands	1	2	3	4	5
I maintained a comforting and pleasing living environment	1	2	3	4	5
I kept my work/schoolwork area organized to support my work/school tasks	1	2	3	4	5
I maintained balance between the demands of others and what is important to me	1	2	3	4	5
Physical barriers to daily functioning were addressed (e.g., needed supplies for home and work were secured, light bulbs were replaced and functioning)	1	2	3	4	5
I made sure I wore suitable clothing for the weather (e.g., umbrella in the rain, boots in the snow, warm coat in winter)	1	2	3	4	5
I did things to make my everyday environment more pleasant (e.g., put a support on my chair, placed a meaningful photo on my desk)	1	2	3	4	5
I did things to make my work setting more enjoyable (e.g., planned fun Fridays, partnered with a co-worker on an assignment)	1	2	3	4	5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

### Self-Compassion (SC) – 7 items

I noticed, <i>without judgment</i> , when I was struggling (e.g., feeling resistance, falling short of my goals, not completing as much as I'd like)	1	2	3	4	5
I punitively/harshly judged my progress and effort <i>*reverse scored*</i>	5	4	3	2	1
I kindly acknowledged my own challenges and difficulties	1	2	3	4	5
I engaged in critical or harsh self-talk <i>*reverse scored*</i>	5	4	3	2	1
I engaged in supportive and comforting self-talk (e.g., “My effort is valuable and meaningful”)	1	2	3	4	5
I reminded myself that failure and challenge are part of the human experience	1	2	3	4	5

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I gave myself permission to feel my feelings (e.g., allowed myself to cry) 1 2 3 4 5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

### Spiritual Practice (SP) – 6 items

I experienced meaning and/or a larger purpose in my work/school life (e.g., for a cause) 1 2 3 4 5

I experienced meaning and/or a larger purpose in my private/personal life (e.g., for a cause) 1 2 3 4 5

I spent time in a spiritual place (e.g., church, meditation room, nature) 1 2 3 4 5

I read, watched, or listened to something inspirational (e.g., watched a video that gives me hope, read inspirational material, listened to spiritual music) 1 2 3 4 5

I spent time with others who share my spiritual worldview (e.g., church community, volunteer group) 1 2 3 4 5

I spent time doing something that I hope will make a positive difference in the world (e.g., volunteered at a soup kitchen, took time out for someone else) 1 2 3 4 5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

### General (G) – 3 items

I engaged in a variety of self-care strategies (e.g., mindfulness, support, exercise, nutrition, spiritual practice) 1 2 3 4 5

I planned my self-care 1 2 3 4 5

I explored new ways to bring self-care into my life 1 2 3 4 5

Total \_\_\_\_\_

Average for Subscale = Total/# of items \_\_\_\_\_

## Mindful Self-Care Scale – Clinical

### Total Score Summary

Be sure you have correctly scored your *\*reverse scored\** items

### Averaged Subscale Score

- \_\_\_\_\_ Nutrition/Hydration (NH)
- \_\_\_\_\_ Exercise (E)
- \_\_\_\_\_ Self-Soothing (S)
- \_\_\_\_\_ Self-Awareness/Mindfulness (SA)
- \_\_\_\_\_ Rest (R)
- \_\_\_\_\_ Relationships (RR)
- \_\_\_\_\_ Physical/Medical (PM)
- \_\_\_\_\_ Environmental Factors (EF)
- \_\_\_\_\_ Self-Compassion (SC)
- \_\_\_\_\_ Spiritual Practice (SP)
- \_\_\_\_\_ General (G)

**Shade in your average score for each subscale below:**

5											
4											
3											
2											
1											
Scale	NH	E	S	SA	R	RR	PM	EF	SC	SP	G