# CONSCIOUS SELF-CARE SHORT SCALE (EBAC)

**Instructions for responses**: Check the option that reflects the frequency of your behavior (how much or how often) considering the last 7 days, according to the following response options:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Never**  **(0 days)** | **Rarely**  **(1 day)** | **Sometimes**  **(2 to 3 days)** | **Frequently**  **(4 to 5 days)** | **Regularly**  **(6 to 7 days)** |
| 1 | 2 | 3 | 4 | 5 |

Note that item 6 of the "Physical Care" subscale has an inverse score, and should be scored as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Never**  **(0 days)** | **Rarely**  **(1 is)** | **Sometimes**  **(2 to 3 days)** | **Frequently**  **(4 to 5 days)** | **Regularly**  **(6 to 7 days)** |
| 5 | 4 | 3 | 2 | 1 |

The questions on the scale are presented below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mindful Relaxation (3 items)** |  |  |  |  |  |
| 1. Listened to something to relax (e.g. music, podcast, radio, nature sounds) | 1 | 2 | 3 | 4 | 5 |
| 2. I used some images to relax (e.g. art, film, shop windows, nature) | 1 | 2 | 3 | 4 | 5 |
| 3. I tried to feel relaxed through smells/scents (e.g., creams/lotions,  nature, scented candles/incense, food-related smells) | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Physical Care (4 items)** |  |  |  |  |  |
| 4. I exercised for at least 30 to 60 min | 1 | 2 | 3 | 4 | 5 |
| 5. Participated in sports, dancing, or other scheduled physical activities (e.g.,  sports teams, dance classes) | 1 | 2 | 3 | 4 | 5 |
| 6. I've been sedentary instead of exercising (e.g., watched TV, worked in the  computer) *\*reverse punctuation* | 1 | 2 | 3 | 4 | 5 |
| 7. Practiced yoga or other mind/body practice (e.g., Tae Kwon Do, Tai Chi) | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Self-Compassion and Purpose (3 items)** |  |  |  |  |  |
| 8. I've been kind to myself by acknowledging my own challenges and  Difficulties | 1 | 2 | 3 | 4 | 5 |
| 9. I talked to myself in a way that offered me support and comfort (e.g.:  "My effort is valuable and meaningful") | 1 | 2 | 3 | 4 | 5 |
| 10. I allowed myself to feel my feelings (e.g., I allowed myself to cry) | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Supportive interpersonal relationships (3 items)** |  |  |  |  |  |
| 11. I've spent time with people who are good for me (e.g., support me,  encourage and believe in me) | 1 | 2 | 3 | 4 | 5 |
| 12. I felt supported by people in my life | 1 | 2 | 3 | 4 | 5 |
| 13. I felt confident if I said "no" and would know that the people around me  Would respect my choice | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Support structure (3 items)** |  |  |  |  |  |
| 14. I kept a manageable schedule | 1 | 2 | 3 | 4 | 5 |
| 15. I kept my work/study area organized to make it easier for me to accomplish my tasks | 1 | 2 | 3 | 4 | 5 |
| 16. I have maintained a balance between the demands of others and what is important to me | 1 | 2 | 3 | 4 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Awareness (3 items)** |  |  |  |  |  |
| 17. I Was Aware of My Thoughts | 1 | 2 | 3 | 4 | 5 |
| 18. I was aware of my feelings | 1 | 2 | 3 | 4 | 5 |
| 19. I was aware of my body | 1 | 2 | 3 | 4 | 5 |

# Total Score Summary

# Make sure you have correctly scored the item with inverted punctuation

|  |  |
| --- | --- |
| **Average score** | **Subscales** |
|  | Mindful relaxation |
|  | Physical Care |
|  | Self-Compassion and Purpose |
|  | Supportive interpersonal relationships |
|  | Support Structure |
|  | Conscience |

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