

Time for Your Check Up

| Relaxation and Physical Well-being | Usually/ True | Often | Some- times | Rarely/ False |
|--|------------------|-------|----------------|------------------|
| 1. I know what my early warning signs of stress are and respond to them appropriately. | | | | |
| 2. I'm able to relax and release tension. | | | | |
| 3. I find it easy to unwind and leave work at the day's end. | | | | |
| 4. I don't bring home worries about my job. | | | | |
| 5. I take breaks and holidays, and enjoy them. | | | | |
| 6. I eat breakfast and at least one other balanced meal a day. | | | | |
| 7. I pay attention to the quality and quantity of foods I eat. | | | | |
| 8. I eat fresh fruit and vegetables at least once a day. | | | | |
| 9. I keep my body within 10-15% of its ideal weight. | | | | |
| 10. I take time for leisurely, relaxing meals. | | | | |
| 11. I drink fewer than three cups of coffee, tea or caffeine drinks a day. | | | | |
| 12. I drink no more than two alcoholic drinks a day. | | | | |
| 13. I have at least one alcohol free day per week. | | | | |
| 14. I don't smoke. | | | | |
| 15. I'm sensitive to my body's signals. | | | | |
| 16. I exercise for 30 minutes at least three times a week. | | | | |
| 17. I don't feel run down or low in energy. | | | | |

Instructions

If your responses to this concern you please talk to a peer or someone at your NSO or someone else you trust— asking for help and support is just another way for you to gain the skills and confidence to officiate to the best of your ability.

| Attitudes, Feelings and Beliefs | Usually/ True | Often | Some- times | Rarely/ False |
|--|------------------|-------|----------------|------------------|
| 1. I'm patient and tolerant with myself. | | | | |
| 2. I openly express my needs and wishes. | | | | |
| 3. I'm not overly worried about what other people think. | | | | |
| 4. I deal with people calmly and reasonably. | | | | |
| 5. I talk about my problems instead of bottling them up. | | | | |
| 6. I can filter criticism and respond to it non-defensively. | | | | |
| 7. I'm comfortable about asking for help. | | | | |
| 8. I like myself, warts and all. | | | | |
| 9. I realise that thoughts and attitudes produce results in my life. | | | | |
| 10. I see problems as opportunities for growth. | | | | |
| 11. I keep worries in proportion. | | | | |
| 12. I admit my mistakes and take responsibility for them. | | | | |
| 13. I communicate well with others. | | | | |
| 14. I'm rarely troubled by negative thoughts and feelings. | | | | |
| 15. I'm aware of how I'm thinking and feeling. | | | | |
| 16. I change what I can and accept what I can't. | | | | |
| 17. I'm clear about my own strengths and areas for improvement. | | | | |
| 18. I avoid judging or comparing myself with others. | | | | |

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