

Caring Factor Survey–Caring for Self (CFS-CS)

Directions to employee:

This is a survey that measures your perception of care for yourself. It would be very helpful if you would respond to each of the 10 statements below about how you feel regarding the care you are currently providing for yourself. In health care, employees spend a great deal of time and effort taking care of others, but we do not know how much time employees spend taking care of themselves within their lives. The information you provide by completing this survey will help us understand the extent to which you, as an employee, take care of yourself. Within the theory of caring as proposed by Watson, caring for others begins by caring for self; we would like to know how you are doing in this respect. If you are able to respond to this brief survey, we thank you for your time and consideration. If you are unable to respond, we understand and respect your decision.

If you do want to participate in this survey, please read the following instructions and respond to the 10 statements. If you have additional questions about the survey, or would like to know about the results of this survey, you can contact:

John Nelson, President, Healthcare Environment
jn@hcenvironment.com

Thank you for your time and consideration in helping with this important work!

Instructions: Please read each statement as it relates to your self-care. You will be asked to indicate how much you agree or disagree with each statement. Please mark your responses by putting a checkmark next to the number that best represents your opinion. For example, if you strongly agree with the statement, you put a checkmark next to #7.

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Strongly Disagree 1	Disagree 2	Slightly Disagree 3	Neutral 4	Slightly Agree 5	Agree 6	Strongly Agree 7
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1. Every day I care for myself with loving kindness.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

2. I am creative at solving problems to meet my individual needs.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

3. I honor my own faith, instill hope, and respect my belief system as part of my self-care.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

4. I value opportunities that allow me to increase my knowledge and understanding about myself.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

5. I take time to practice my own, individual, spiritual beliefs as part of my self-caring and healing.

(Do not respond to this statement if you feel spiritual beliefs are too personal.)

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

6. I appreciate myself as a whole person and seek to take care of all of my needs and concerns.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

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7. I have established helping and trusting relationships.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

8. It is important for me to create a healing environment around me that recognizes the connections between my body, mind, and spirit.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

9. I am able to evaluate my thoughts openly and honestly no matter what my feelings are because I embrace every aspect of who I am.

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

10. I accept and support my own current beliefs in a higher power, which allows for me to heal.

(Do not respond to this statement if you feel spiritual beliefs are too personal.)

1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

11. Please describe the attitudes, behaviors, and/or actions that led to your answers.

12. Please put a checkmark next to the one that is closest to your race/ethnicity.

- ☐ Hispanic
- ☐ White
- ☐ Non-Hispanic
- ☐ Hispanic-Black
- ☐ Non-Hispanic Black
- ☐ Asian American / Pacific Islander
- ☐ Alaska Native / American Indian
- ☐ Other _____