

Appendix I. Self-care questionnaire.

Please answer the following questions as open and honestly as you can. Note that all responses are anonymous and confidential.

- 1) When I feel stress, I typically manage it by (check 5 of your most-often employed stress-management strategies):
 - a. Exercising
 - b. Practicing yoga
 - c. Meditating
 - d. Practicing mindfulness
 - e. Drinking alcohol
 - f. Eating (*i.e.*, emotional eating)
 - g. Taking recreational drugs
 - h. Taking prescription drugs
 - i. Talking to someone I trust (*e.g.*, partner, friend, family member)
 - j. Speaking with a mental health professional (*e.g.*, counsellor, therapist, social worker)
 - k. Sleeping
 - l. Journaling
 - m. Spending time outside/in nature
 - n. Watching TV (*e.g.*, cable, Netflix)
 - o. Scrolling through social media
 - p. Playing with my pet(s)
 - q. Spending time on my hobby
 - r. Studying or working on coursework
 - s. Ignoring it (doing nothing)
 - t. Other: _____
- 2) I feel that my current self-care techniques manage my stress...
 - a. Never
 - b. Rarely
 - c. Sometimes
 - d. Often
 - e. Always
- 3) I currently practice some form of posture- or movement-based yoga (*e.g.*, hatha, vinyasa/flow, yin, hot):
 - a. Daily
 - b. Weekly
 - c. Monthly
 - d. Never
- 4) I currently practice some form of meditation or meditative yoga practice (*i.e.*, yoga nidra):
 - a. Daily
 - b. Weekly
 - c. Monthly
 - d. Never
- 5) I spend approximately _____ hours on social media daily:
 - a. < 0.5
 - b. 0.5 to 1
 - c. 1 to 2
 - d. > 2
- 6) I spend approximately _____ minutes outside (*e.g.*, exercise, dog walks, commute) daily:
 - a. < 15
 - b. 15 to 30
 - c. 31 to 60
 - d. > 60
- 7) I spend approximately _____ minutes exercising/moving (*e.g.*, activity that increases heart rate or causes breathlessness) daily:
 - a. 0 to 15
 - b. 15 to 30
 - c. 31 to 60
 - d. > 60
- 8) I sleep approximately _____ hours daily (including naps, falling asleep studying, etc.):
 - a. < 6
 - b. 6
 - c. 7
 - d. 8
 - e. > 8