

# Translation and Validation of the Mindful Self-Care Scale—Chinese Version: A Pilot Study

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Supplementary Materials

Table S1. Mindful Self-care Scale

	Never (0 days) = 1	Rarely (1 day) = 2	Sometimes (2 to 3 days) = 3	Often (4 to 5 days) =4	Regularly (6 to 7 days) = 5
<b>Mindful Relaxation</b>					
I did something intellectual (using my mind) to help me relax (e.g., read a book, wrote) .					
I did something interpersonal to relax (e.g., connected with friends) .					
I did something creative to relax (e.g., drew, played instrument, wrote creatively, sang, organized).					
I listened to relax (e.g., to music, a podcast, radio show, rainforest sounds)					
I sought out images to relax (e.g., art, film, window shopping, nature).					
I sought out smells to relax (lotions, nature, candles/incense, smells of baking) .					
<b>Physical Care</b>					
I drank at least 6 to 8 cups of water .					
I ate a variety of nutritious foods (e.g., vegetables, protein, fruits, and grains)					
I planned my meals and snacks .					
I exercised at least 30 to 60 minutes .					
I took part in sports, dance or other scheduled physical activities (e.g., sports teams, dance classes)					
I did sedentary activities instead of exercising (e.g., watched tv, worked on the computer) .					
I planned/scheduled my exercise for the day.					
I practiced yoga or another mind/body practice (e.g., Tae					

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Kwon Do, Tai Chi)

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**Self-Compassion and Purpose**

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I kindly acknowledged my own challenges and difficulties.

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I engaged in supportive and comforting self-talk (e.g., "My effort is valuable and meaningful").

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I reminded myself that failure and challenge are part of the human experience .

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I gave myself permission to feel my feelings (e.g., allowed myself to cry).

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I experienced meaning and/or a larger purpose in my *work/school* life (e.g., for a cause) .

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I experienced meaning and/or a larger purpose in my *private/personal* life (e.g., for a cause) .

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**Supportive Relationships**

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I spent time with people who are good to me (e.g., support, encourage, and believe in me).

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I scheduled/planned time to be with people who are special to me .

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I felt supported by people in my life.

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I felt confident that people in my life would respect my choice if I said "no" .

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I felt that I had someone who would listen to me if I became upset (e.g., friend, counsellor, group)

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**Supportive Structure**

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I maintained a manageable schedule

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I kept my work/schoolwork area organized to support my work/school tasks

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I maintained balance between the demands of others and what is important to me

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I maintained a comforting and pleasing living environment

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**Mindful Awareness**

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I had a calm awareness of my thoughts .

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I had a calm awareness of my  
feelings.

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I had a calm awareness of my  
body .

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I carefully selected which of my  
thoughts and feelings I used to  
guide my actions .

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**General**

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I engaged in a variety of self-care  
activities.

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I planned my self-care.

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I explored new ways to bring self-  
care into my life.

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Tick the number that reflects the frequency of your behaviour (how much or how often) within past week (7 days).