|  |  |
| --- | --- |
| (38) | Health |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Learning to cope | | | | | |
|  | Please circle your situation in the last month | No | Rather little | Average | Rather a lot | Very much |
| 1. | Sleeping well | 1 | 2 | 3 | 4 | 5 |
| 2. | Having a healthy body | 1 | 2 | 3 | 4 | 5 |
| 3. | Acting freely | 1 | 2 | 3 | 4 | 5 |
| 4. | Having a pain | 1 | 2 | 3 | 4 | 5 |
| 5. | Being able to clean the house by myself | 1 | 2 | 3 | 4 | 5 |
| 6. | Taking care of oneself | 1 | 2 | 3 | 4 | 5 |