

STRESS QUIZ

1. In the last month, how often have you felt anxious or overwhelmed?

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Never | <input type="checkbox"/> Never |
| <input type="checkbox"/> Almost Never | <input type="checkbox"/> Almost Never |
| <input type="checkbox"/> Sometimes | |

2. How many of the below do you experience on a regular basis due to stress? (tick all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Lack of Motivation | <input type="checkbox"/> Poor Memory |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Weight Gain |
| <input type="checkbox"/> Sleep Problems | <input type="checkbox"/> Anxiety/Panic |
| <input type="checkbox"/> Exhaustion | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Moodiness | <input type="checkbox"/> Moodiness/Irritability |
| <input type="checkbox"/> Digestive Problems | |

3. If you selected any answers in Question 2, how long has it been happening?

- ☐ Sometimes
- ☐ Fairly Often
- ☐ Daily

4. How often do any of these stressors impact your life, hobbies, family, lifestyle, activities?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes

5. Would you like to get rid of these problems?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes

HOW TO SCORE YOUR RESULTS

1. Answer

- A) Lack of Motivation
- B) Headache
- C) Sleep Problems
- D) Exhaustion
- E) Moodiness

Points

- 0
- 1
- 2
- 3
- 4

2. Answer

- A) Lack of Motivation
- B) Headache
- C) Sleep Problems
- D) Exhaustion
- E) Moodiness
- A) Lack of Motivation
- B) Headache
- C) Sleep Problems
- D) Exhaustion
- E) Moodiness

Points

- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1
- 1

3. Answer

- A) Sometimes
- B) Fairly Often
- C) Daily

Points

- 2
- 3
- 4

4. Answer

- A) Sometimes
- B) Fairly Often
- C) Daily

Points

- 2
- 3
- 4

5. Answer

- A) Yes
- B) Maybe
- C) No

Points

- 2
- 3
- 4

SCORING

0-5

You currently have good coping mechanisms to deal with stress and anxiety. You promote self-compassion and take the time to take care of yourself, including working with a practitioner that can help you spot trouble areas creeping in. You've learned that taking care of yourself will lead to long lasting health and happiness!

Know of someone headed for a health crisis who may need this quiz? Sharing is caring.

6-15

There's still time, but consider this your friendly warning. Our personal and work lives are intertwining and overlapping more than ever, and the recognition that your day-to-day stressors significantly impacts your health, relationships, and productivity is important to be aware of. Understanding that the stress and symptoms are a signal to stop and dive deeper into the whys is important. Maintaining your stress is an ongoing commitment to looking inward, processing through difficult emotions, and working toward self-awareness and self-improvement, all of which will prevent more serious health issues down the line. This process is not always quick or easy, but those willing to invest in themselves will see huge payoffs down the line.

Beneath all the chaos, stress, fear, anxiety and fatigue, lies a perfectly happy, healthy, and thriving YOU.

Ready to free yourself?

16-27

You're headed straight for a full on energy/health crisis. The consequences for individuals are serious—including coronary disease, hypertension, gastrointestinal problems, depression, anxiety, hormone dysregulation, relationship conflict and so much more. Understanding what is underneath all of the stress and symptoms is the gateway to so much in life. When it comes to handling stress, invest in yourself; we are our own most effective, powerful resource.

Don't let your score become an added stressor. Beneath all the chaos, stress, fear, anxiety and fatigue, lies a perfectly happy, healthy, and thriving YOU.

Ready to free yourself?