

## WELLBEING STRESS TEST

	Never	Rarely	1-2 times per month	Once weekly	3-4 times per week	Everyday
Do you get headaches?	0	1	2	3	4	5
Do you get sick (cold & flu)?	0	1	2	3	4	5
Do you get indigestion?	0	1	2	3	4	5
Do you overeat?	0	1	2	3	4	5
Do you forget to eat?	0	1	2	3	4	5
Does your neck ache?	0	1	2	3	4	5
Do you feel tired?	0	1	2	3	4	5
Do you have trouble sleeping?	0	1	2	3	4	5
Do you find it difficult to exercise?	0	1	2	3	4	5
Do you drink alcohol?	0	1	2	3	4	5
Do you drink coffee?	0	1	2	3	4	5
Do you feel irritable or easily annoyed?	0	1	2	3	4	5
Do you find it hard to make decisions?	0	1	2	3	4	5
Do you feel overwhelmed or helpless?	0	1	2	3	4	5
Do you feel insecure?	0	1	2	3	4	5
Do you respond in anger to minor problems?	0	1	2	3	4	5
Do you have difficulty winding down or relaxing?	0	1	2	3	4	5
Do you want to cancel appointments with your friends?	0	1	2	3	4	5
Do you have difficulty enjoying your hobbies?	0	1	2	3	4	5
Do you have difficulty focusing your attention?	0	1	2	3	4	5
Do you set unrealistic deadlines?	0	1	2	3	4	5

## RESULTS



### 0-30

Well done! You are handling the ups and downs of daily life and maintaining your balance. Try and avoid unnecessary stress and keep yourself physically and mentally healthy.



### 30-60

You're coping okay, but you could use some improvements. You may be suffering some stress-related symptoms. Find ways to reduce stressors where possible and make sure you find time to relax and wind down.



### 60-85

You're experiencing some significant signs of stress. Pay close attention to your lifestyle and reconsider your current diet, exercise and relaxation status. Make yourself and your wellbeing priority number one and use your support network.



### 85 +

You are most likely experiencing extreme stress! Contact your healthcare practitioner as soon as possible, as they will be able to support you through the changes necessary to reduce your stress.

## COPING TIPS

### USE YOUR SUPPORT NETWORK

Whether it is talking with a friend, a family member, counsellor or group, having someone to talk to about what is going on in your life is incredibly beneficial. Don't underestimate the importance of a good chat

### YOU CAN SAY "NO"

It is alright to say "no" to someone's request. Often, we create extra stress and anxiety for ourselves by taking on too much. If you do not have the time or the energy to do something, you have the right to say no, without feeling guilty.

### TAKE TIME-OUT

Take time for yourself where you are not thinking about what is causing you stress or unease. This could be reading a book, having a relaxing bath, going for a walk, meditating, or mindfully breathing for 10 minutes.

### MAKE A PLAN

Be prepared and plan ahead if you know something stressful is coming up. Start to think of strategies you could use during this time.

