

How Stressed Are You?

Take our quick quiz to check in with yourself.

There are no right or wrong answers – just be honest. Tick the statements that apply to you.

◆ Part 1: Your Body

- ☐ I feel tired even after a full night's sleep
 - ☐ I get headaches, muscle tension or stomach aches regularly
 - ☐ I notice changes in my appetite (eating more or less than usual)
 - ☐ I have trouble sleeping or often wake up in the night
-

◆ Part 2: Your Mind

- ☐ I find it hard to concentrate or stay focused
 - ☐ I feel overwhelmed by small tasks
 - ☐ I often feel worried, anxious or on edge
 - ☐ I struggle to quiet my thoughts or relax
-

◆ Part 3: Your Emotions

- ☐ I feel more irritable or snappy than usual
 - ☐ I feel low, flat or emotionally drained
 - ☐ I avoid people or activities I used to enjoy
 - ☐ I cry more easily or feel emotionally sensitive
-

◆ Part 4: Your Lifestyle

- ☐ I use caffeine, alcohol, or food to cope with how I feel
 - ☐ I feel constantly busy or rushed, even at home
 - ☐ I don't take much time for myself or self-care
 - ☐ I struggle to switch off from work or screens
-

✔ Your Results

Count how many boxes you ticked:

- **0–4 ticks** – You're probably doing okay, but it's still important to look after yourself.
- **5–8 ticks** – You may be under some stress. Consider small changes to help you recharge.
- **9 or more ticks** – It sounds like you're feeling overwhelmed. It might be time to reach out for support.