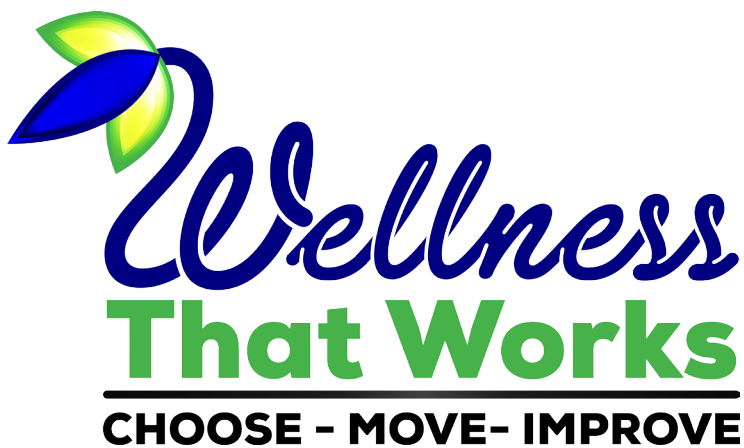


Is Stress Endangering Your Health? Take This Quiz and Find Out



www.wellnessthatworks.com.au



Complete Your Quiz Here:

Please tick the most appropriate answer. Total your score. Read your results and look at the diagram of the Stress Resolution Road Map to learn what your result means and how you can resolve your stress issues more easily and effortlessly.

A = 1 point, b = 2 points, c = 3 points, d = 4 points

Total your score and see the recommendations for your individual score.

.....

1. How well do you sleep?

- a. Really well - NEVER have trouble getting to sleep or waking during the night
- b. Often get good sleep - at least 4 nights per week
- c. Occasionally get good sleep - at least 3 nights per week
- d. Badly. Hard to get to sleep and wake often

2. How much energy do you have?

- a. Great energy levels - NEVER feel tired or exhausted
- b. Just enough to get through the day
- c. I feel constantly tired and am playing catch-up
- d. I am exhausted and running on empty

3. Do you feel you have enough time to complete tasks?

- a. I ALWAYS complete tasks on time and ALWAYS have time to spare
 - b. I often run out of time to complete tasks
 - c. I am always running out of time to complete tasks
 - d. I am so overwhelmed I am constantly struggling to manage time
-
-

4. How is your ability to focus, to concentrate and be really clear?

- a. I NEVER have any issues with being focused
 - b. I am noticing my ability to focus and concentrate is diminishing
 - c. It is becoming harder and harder for me to concentrate
 - d. I waste so much time trying to get focused and clear
-
-

5. How quick are you to react and become angry?

- a. I NEVER become angry or react quickly
 - b. Occasionally I find I am quick to react and become angry
 - c. I am often reacting more quickly to negative triggers and am becoming angry more often
 - d. I have become an angry person and find myself reacting to stress triggers very quickly
-
-

6. Do you feel you are becoming more depressed?

- a. I am NEVER depressed
 - b. Occasionally I notice I am a bit depressed
 - c. I am often depressed now
 - d. I am always depressed about something
-
-

7. How easy is it to achieve your goals?

- a. I ALWAYS achieve all of my goals easily
 - b. I occasionally achieve some goals
 - c. I am not achieving my goals
 - d. I cannot even set goals as I know I will not achieve them
-
-

8. How successful and happy do you feel?

- a. I am ALWAYS happy and feel successful
 - b. I occasionally feel happy and successful
 - c. There are not too many times when I feel successful or happy
 - d. I am not happy at all and really feel like I am a failure mostly
-
-

9. How much tension do you have in your body/mind?

- a. I NEVER have any tension in my body or my mind
 - b. If I work long hours, I do get tense occasionally
 - c. There are far too many times when I feel tense and irritable
 - d. I am so tense I am like a spring coil ready to burst
-
-

10. How much control do you feel you have in your work & personal life?

- a. I am NEVER out of control and feel a balance in these areas
 - b. Occasionally I feel out of control in these areas
 - c. A lot of the time I feel out of control and do not feel I can do anything about it
 - d. I feel like I am so out of control I am running on automatic
-
-

Total:

Check your scores with the attached diagram to learn what this means for you and what you should do about your stress levels.

A Score of 12 or less means you are in **Flow**.

A Score of between 12 - 22 means you are **Thriving**.

A Score of 22- 32 means you are **Surviving**.

A Score of 32 - 40 means you are **Struggling**.

If you are **Struggling** it means you need extra help to commence your wellness journey.

If you are in **Flow** it means you have increased resilience and awareness and can easily get back into balance after a stressful event.

If you are in either **Thriving** or **Surviving** it means you have depleted energy and could well benefit from specific stress techniques.

The 37 Day Stress Resolution Road Map

