

Part 1: Physical Signs of Stress

- ☐ I often experience headaches or migraines.
- ☐ I have trouble sleeping or feel tired even after rest.
- ☐ I notice muscle tension, jaw clenching, or back pain.
- ☐ I have frequent stomach issues, nausea, or loss of appetite.

Part 3: Behavioural Signs

- ☐ I tend to overeat or lose my appetite when stressed.
- ☐ I procrastinate or struggle to manage my workload.
- ☐ I withdraw from friends, family, or colleagues.
- ☐ I use alcohol, caffeine, or other substances to cope with stress.

Part 2: Emotional & Mental Signs

- ☐ I feel irritable, anxious, or on edge regularly.
- ☐ I have difficulty concentrating or making decisions.
- ☐ I feel overwhelmed by daily tasks.
- ☐ I feel less motivated or interested in things I usually enjoy.

Part 4: Work-Related Signs

- ☐ I feel pressure to meet deadlines constantly.
- ☐ I struggle to balance work and personal life.
- ☐ I often feel unappreciated or unsupported at work.
- ☐ I dread going to work or feel “burned out.”

Scoring Your Stress Level

- **0–4 ticks: Low stress:** You’re managing well. Keep up with regular self-care.
- **5–9 ticks: Moderate stress:** Take proactive steps to reduce stress and build resilience.
- **10+ ticks: High stress:** Consider speaking with a professional, and implement daily stress-reduction strategies.

Tailored Tips

Low Stress

- Maintain your routines and healthy habits.
- Keep active and take short breaks during the day.
- Practice gratitude journaling or mindfulness 2–3 times a week.

Moderate Stress

- Schedule short daily relaxation sessions (breathing exercises, meditation, stretching).
- Prioritise tasks and delegate where possible.
- Connect with colleagues, friends, or family for support.

High Stress

- Speak to a healthcare or mental health professional if stress persists.
- Take regular breaks and consider a short digital detox.
- Explore stress-management workshops or online courses.