

# What's your stress level?

## GET STARTED

Take this quick self-check and discover simple ways to recharge.

Reflect on the following statements and rate each on a scale from 1 to 5.

Statement	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 ALWAYS
I feel overwhelmed by my daily responsibilities.					
I have trouble falling or staying asleep.					
I feel irritable, anxious or on edge.					
I skip meals or make unhealthy food choices.					
I struggle to focus or concentrate.					
I rarely make time for activities I enjoy.					
I feel physically tense (jaw clenching, tight shoulders, etc.).					
I use screens/devices to unwind but still feel tired or "foggy."					
Total score: ____ /40					



### Understanding your score

- ✓ 8–16 = **Low Stress**: You've got a good handle on things. Keep up the healthy habits!
- ✓ 17–27 = **Moderate Stress**: Life's a bit full right now. Time to add more self-care.
- ✓ 28–40 = **High Stress**: You might be on overload. Small changes can make a big impact.

## QUICK WAYS TO IMPROVE YOUR SCORE

Try this:	Why it helps:
<ul style="list-style-type: none"> <li>Take a 15-min walk outside</li> <li>Unplug for an hour before bed</li> <li>Do a 2-minute breathing exercise</li> <li>Eat one balanced meal today</li> <li>Write down 3 things you're grateful for</li> <li>Talk to someone you trust</li> </ul>	<ul style="list-style-type: none"> <li>Boosts mood, reduces cortisol</li> <li>Improves sleep quality</li> <li>Activates your relaxation response</li> <li>Supports mood and energy</li> <li>Helps shift mindset and reduce worry</li> <li>Social connection eases stress</li> </ul>



**REMEMBER:** Small steps lead to big change.

*You don't have to fix everything at once. Just pick one thing to try today.*