

Individual Stress Test



Your score

You have scored between 14- 28

Low Stress Score

Low Stress Score Summary:

A low stress score indicates effective stress management and a healthy lifestyle. Individuals with low stress scores typically make healthy dietary choices, get sufficient sleep, engage in regular exercise, and have a robust social support network. They communicate openly about their feelings, regularly participate in leisure activities, and take quiet time for themselves. Financial worries are minimal, they stay calm in stressful situations, feel organised, and can recognise and manage stress symptoms effectively. Low consumption of cigarettes, alcohol, and caffeine further supports their well being.

Strategies for Maintenance and Further Improvements

1. Dietary Choices: Continue maintaining a balanced and nutritious diet.
2. Sleep: Keep up with your healthy sleep habits and address any occasional disruptions.
3. Exercise: Maintain regular physical activity and explore new forms of exercise to keep it enjoyable.

4. Social Support: Continue nurturing your social relationships and seek opportunities to connect with new people.
5. Communication: Keep practising open communication and consider mentoring others in developing this skill.
6. Leisure Activities: Ensure that leisure activities remain a consistent part of your routine.
7. Quiet Time: Maintain your mindfulness or relaxation practices and explore new techniques.
8. Financial Management: Continue managing your finances effectively and seek ways to improve financial literacy.
9. Calmness in Stressful Situations: Keep practising stress-reduction techniques and share your strategies with others.
10. Organisation: Maintain your organisational habits and look for new tools or methods to enhance efficiency.
11. Recognising Stress: Stay vigilant about recognising stress symptoms and refine your coping strategies as needed.
12. Reduce Smoking, Alcohol, and Caffeine: Continue to monitor and maintain low consumption levels.



- Feel free to check out our FREE Stress Management resources at www.stress.org.uk including monthly webinars, guides, journals, infographics, workbooks and our Purple Papers.
- Want to learn more on how to promote wellbeing in your organisation or personal life? Check out [Wellbeing Protect](#) - our virtual learning platform that offers our most popular programmes in bitesize chunks,



Stress Management Society
from distress to de-stress