

Individual Stress Test



Stress Management Society
from distress to de-stress

Your score

You have scored between 43 - 70

High Stress Score

High Stress Score Summary

A high stress score indicates significant challenges in managing stress, which can adversely affect both mental and physical health. Individuals with high stress scores often exhibit poor dietary choices when stressed, insufficient sleep, lack of regular exercise, and limited social support. They may also struggle with open communication about their feelings, rarely engage in leisure activities, and neglect quiet time for themselves. Financial worries, difficulty staying calm in stressful situations, feeling disorganised, and an inability to recognise and manage stress symptoms are common. High consumption of cigarettes, alcohol, and caffeine further exacerbates stress levels.

Strategies for Maintenance and Further Improvements

Strategies for Improvement:

1. Dietary Choices: Adopt a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed foods and excessive sugar.
2. Sleep: Aim for 7-9 hours of quality sleep per night. Establish a regular sleep schedule and create a restful environment.
3. Exercise: Engage in regular physical activity, such as brisk walking, jogging, or yoga, to improve mood and reduce stress.

4. **Social Support:** Build a strong network of friends and family. Join social groups or clubs to expand your support system.
5. **Communication:** Practice open communication about your feelings. Consider therapy or counselling to develop healthy coping mechanisms.
6. **Leisure Activities:** Dedicate time to hobbies and activities you enjoy. This can provide a much-needed break from stressors.
7. **Quiet Time:** Incorporate mindfulness or meditation practices into your daily routine to promote relaxation.
8. **Financial Management:** Create a budget and seek financial advice if needed. Reducing financial stress can significantly improve overall well-being.
9. **Calmness in Stressful Situations:** Practice deep breathing exercises and mindfulness techniques to stay calm.
10. **Organisation:** Use planners or digital tools to stay organised and manage your time effectively.
11. **Recognising Stress:** Learn to identify early signs of stress and implement stress management techniques promptly.
12. **Reduce Smoking, Alcohol, and Caffeine:** Gradually decrease consumption to improve overall health and reduce stress 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