

# Individual Stress Test



Your score

You have scored between 29 - 42

## Medium Stress Score

### Medium Stress Score Summary:

A medium stress score suggests moderate stress levels, with some areas needing improvement. Individuals with medium stress scores may have occasional poor dietary choices, inconsistent sleep patterns, irregular exercise habits, and a moderate social support network. They might sometimes struggle with open communication about their feelings, engage in leisure activities sporadically, and take quiet time occasionally. Financial worries, occasional difficulty staying calm, feeling somewhat disorganised, and recognising stress symptoms intermittently are common. Moderate consumption of cigarettes, alcohol, and caffeine may also be present.

## Strategies for Maintenance and Further Improvements

1. Dietary Choices: Make gradual improvements to your diet by incorporating more nutritious foods and reducing unhealthy options.
2. Sleep: Strive for consistency in your sleep schedule and improve sleep hygiene.
3. Exercise: Increase the frequency and intensity of physical activity to enhance stress

resilience.

4. **Social Support:** Strengthen existing relationships and seek new social connections.
5. **Communication:** Improve your ability to express emotions through journaling or talking to trusted individuals.
6. **Leisure Activities:** Make leisure activities a regular part of your routine to provide balance.
7. **Quiet Time:** Increase the frequency of mindfulness or relaxation practices.
8. **Financial Management:** Review your financial situation regularly and make adjustments to reduce stress.
9. **Calmness in Stressful Situations:** Practice stress-reduction techniques more consistently.
10. **Organisation:** Implement more structured organisational strategies to enhance control.
11. **Recognising Stress:** Develop a better understanding of your stress triggers and effective coping mechanisms.
12. **Reduce Smoking, Alcohol, and Caffeine:** Continue to monitor and gradually reduce consumption.



- Feel free to check out our FREE Stress Management resources at [www.stress.org.uk](http://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