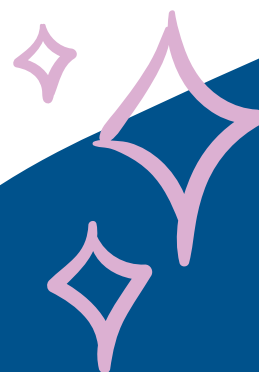




Stress Management Society
from distress to de-stress

Your Personalised Next Steps For **High Levels** of stress



Individual Stress Test



Stress Management Society
from distress to de-stress

Welcome to The Stress Management Society's

Individual Stress Test

You have high levels of stress

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 Continued Success:

Maintain Your Healthy Habits

Continue your balanced diet, regular exercise, and quality sleep routine. These are the foundations of your stress resilience.

Stay Socially Connected:

Keep nurturing your support network. Regular social interactions contribute significantly to your wellbeing.

Continue Mindfulness Practices:

Maintain your quiet time and reflection practices. They help you stay grounded and aware.

Share Your Success:

Consider mentoring others who are working to improve their stress management. Your experience can inspire positive change.



Stress Management Society
from distress to de-stress

Individual Stress Test

Strategies for Continued Success:

Communication:

Practice open communication about your feelings. Consider therapy or counselling to develop healthy coping mechanisms.

Leisure Activities

Dedicate time to hobbies and activities you enjoy. This can provide a much-needed break from stressors.

Quiet Time

Incorporate mindfulness or meditation practices into your daily routine to promote relaxation.

Financial Management

Create a budget and seek financial advice if needed. Reducing financial stress can significantly improve overall well-being.

Calmness in Stressful Situations

Practice deep breathing exercises and mindfulness techniques to stay calm.

Organisation

Use planners or digital tools to stay organised and manage your time effectively.

Recognise Stress Symptoms:

Learn to identify early warning signs of stress and take immediate action to address them.

Reduce Substance Use:

Minimize or eliminate cigarettes, alcohol, and excessive caffeine. Seek professional help if needed to break these habits.

Professional Support

Given your high stress levels, we strongly encourage you to speak with your GP or a qualified mental health professional who can provide personalized support and treatment options.



Stress Management Society
from distress to de-stress

Individual Stress Test

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.