



Stress Management Society
from distress to de-stress

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

Individual Stress Test



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Welcome to The Stress Management Society's

Individual Stress Test

You have a *moderate levels of stress*

A medium stress score suggests that you are managing some aspects of stress well, but there are areas that could benefit from improvement. This level of stress, if left unaddressed, can gradually impact your mental and physical health. You may experience occasional dietary lapses when stressed, inconsistent sleep patterns, irregular exercise routines, and moderate social support. Communication about feelings might be challenging at times, and leisure activities or quiet time for yourself may be infrequent. You might occasionally worry about finances, find it difficult to stay calm in certain situations, or feel somewhat disorganised. Moderate consumption of cigarettes, alcohol, or caffeine may also contribute to your stress levels.

Strategies for Continued Success:

Dietary Choices:

Focus on maintaining a balanced diet with more fruits, vegetables, and whole grains. Try to reduce processed foods and excessive sugar intake, especially during stressful periods.

Sleep

Aim for 7-9 hours of quality sleep per night. Establish a consistent sleep schedule and create a restful environment by reducing screen time before bed.

Exercise

Incorporate regular physical activity into your routine, such as brisk walking, jogging, swimming, or yoga. Even 20-30 minutes daily can significantly improve mood and reduce stress.

Social Support:

Build a strong network of friends and family. Join social groups or clubs to expand your support system.



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Strategies for Continued Success:

Communication

Practice expressing your feelings more openly with trusted individuals. If needed, consider talking to a counsellor or therapist to develop healthier coping mechanisms.

Leisure Activities

Make time for hobbies and activities that bring you joy. Schedule these into your week as non-negotiable appointments with yourself.

Quiet Time

Incorporate mindfulness, meditation, or simply quiet reflection into your daily routine. Even 5-10 minutes can help promote relaxation and clarity.

Financial Management

If financial concerns are present, create a budget and track your spending. Consider seeking advice from a financial advisor to develop a manageable plan.

Calmness in Stressful Situations

Practice deep breathing exercises and mindfulness techniques to help maintain composure during challenging moments.

Organisation

Use planners, calendars, or digital tools to stay organised. Break larger tasks into smaller, manageable steps to reduce feelings of overwhelm.

Recognising Stress Symptom

Become more aware of your personal stress signals (physical, emotional, or behavioural) and develop a plan to address them early before they escalate.

Substance Moderation

If applicable, consider reducing caffeine, alcohol, or nicotine intake, as these can amplify stress responses. Seek professional support if needed.



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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.