

WHAT'S YOUR STRESS LEVEL?  
TAKE THE QUIZ AND RECLAIM YOUR  
PATH TO A HEALTHIER YOU



How Much Stress & Anxiety  
Are You Holding Onto?

TAKE THE QUIZ

# WELCOME

## *Instructions:*

This quick quiz is designed to help you better understand how stress and anxiety may be affecting your mind and body. Answer each question honestly based on your recent experiences.

Choose the option that best describes how you've felt over the past two weeks. At the end, tally your score to see your results.

### Scoring Guide

For each answer, score as follows:

- A = 1 point
- B = 2 points
- C = 3 points
- D = 4 points

Add up your points to find your result

Let's get going x

# STRESS AND ANXIETY SELF-ASSESSMENT QUIZ

## Questions

1. How often do you feel overwhelmed by daily tasks or responsibilities?

- A) Rarely or never.
- B) Occasionally, but I can usually manage.
- C) Often, it's hard to stay on top of everything.
- D) Almost all the time, it feels like too much.

2. How well do you sleep at night?

- A) I sleep soundly and wake feeling rested.
- B) My sleep is okay but not always refreshing.
- C) I have trouble falling or staying asleep.
- D) I often wake up feeling exhausted, even after sleeping.

3. How often do you feel physical tension, like tight shoulders, headaches, or stomach aches?

- A) Rarely or never.
- B) Occasionally, especially during busy times.
- C) Frequently, it's hard to relax.
- D) Almost always, my body feels tense or uncomfortable.

4. Do you notice racing thoughts or find it hard to focus?

- A) Rarely, my thoughts feel clear and calm.
- B) Sometimes, but it doesn't interfere too much.
- C) Often, it's hard to stay focused or quiet my mind.
- D) Almost constantly, I feel mentally scattered or overwhelmed.



### 5. How do you feel about your ability to manage challenges?

- A) Confident—I feel capable of handling most situations.
- B) Okay—some challenges feel harder than others.
- C) Struggling—many situations feel daunting or unmanageable.
- D) Overwhelmed—I often feel powerless to cope.

### 6. How connected do you feel to your body during stressful moments?

- A) Very connected—I notice and respond to my body's needs.
- B) Somewhat connected—I'm aware but don't always act.
- C) Disconnected—I often ignore or don't notice my body's signals.
- D) Completely disconnected—it's like my body and mind are separate.

### 7. How often do you use coping mechanisms (like eating, scrolling, or avoiding) to deal with stress?

- A) Rarely—I don't feel the need to rely on coping habits.
- B) Occasionally, when things feel overwhelming.
- C) Frequently—I find myself turning to these often.
- D) Almost always—it feels like the only way I can manage.



# QUIZ OUTCOMES

## *1. Not Stressed (7-10 points)*

Congratulations! You're managing life's pressures well and staying in tune with your mind and body. Keep up your healthy habits, and continue making time for rest and relaxation to maintain this balance. Make sure you check in with yourself regularly

## *2. Fairly Stressed (11-17 points)*

You're handling stress relatively well, but it's starting to creep into certain areas of your life. Take some time to reflect on how you can support yourself better, whether that's through self-care, setting boundaries, or seeking support.

## *3. Very Stressed (18-24 points)*

Stress is becoming a regular part of your life, and it's likely affecting both your mind and body. You probably have signs of headaches and ailments. This is a great time to pause and explore ways to reduce your stress levels, such as mindfulness, complementary therapies, or speaking to someone you trust.

## *4. Combusting (25+ points)*

It sounds like stress and anxiety are taking a significant toll on your well-being. You might feel like you're running on empty or barely holding things together. Prioritise yourself and consider reaching out to a professional or engaging in healing practices to regain balance.





I hope this quiz gave you some insight

Remember.....This quiz is not a diagnostic tool but a way to reflect on how you're feeling. Wherever you are, remember that support is available, and small changes can lead to big improvements.

You deserve to feel calm, grounded, and in control.



*Contact me*

Book a free consultation

**CLICK HERE**

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