



You, my friend, DESERVE an amazing life stress and anxiety free! You absolutely deserve to be loved, to feel happy, healthy and full of vibrant energy. You are worthy of having deep fulfilling and lasting relationships. In addition, you deserve to experience abundance and wealth doing what you love. It is possible to live an inspired life full of freedom, empowerment and confidence. The decisions you make today can have an impact on your tomorrow. So, move forward unafraid with passion and purpose. Choose what is best for YOU! You matter and you are important, believe in yourself. I can truly see great things happening for you! BE STRONG. BE BRAVE. BE VICTORIOUS. YOU GOT THIS!

Stress & Anxiety Quiz: Are You Feeling Mentally Worn Out?

Do you think you're not at your best? Do you think you're becoming mentally dull? Do you unintentionally miss important affairs? Do you get reprimanded due to poor work or academic performance? Do you get frustrated often? Do you need help with significant personal relationships? Do you feel tired emotionally?

If you answered yes to at least one of the aforementioned questions, chances are you're dealing with mental fatigue. Since it's based on similar

evaluation procedures conducted by psychologists, taking this simple self-assessment may help.

Instructions: Kindly answer as honestly as possible. There are no right or wrong answers. The numbers 1, 2, 3, and 4 to the left of your answer corresponds to number of points. Calculate the number of points for each level, and then add each level's scores to find out your total stress and anxiety score according to the test.

Level I: The Basics

- Are you the type of person who worries?
 - 1 – Sometimes; I only worry if I feel inconvenienced
 - 2 – Yes; I worry often

- What are your worries?
 - 1 – Usual daily obligations; duties related to school, work, family, etc.
 - 2 – Usual daily obligations and possible problems
 - 3 – Usual daily obligations, possible problems, natural catastrophes, and the future
 - 4 – Everything, including other people's problems

- What overwhelms you?
 - 1 – Hectic schedule, heavy workload, and anything out of routine
 - 2 – Hectic schedule, heavy workload, and anything out of routine; unfamiliar people and places

3 – Hectic schedule, heavy workload, and anything out of routine; unfamiliar people and places, and surprises

4 – Everything and everyone

- Do you think you can lose control because of your thoughts?

1 – Sometimes; however, it'll take me fast to come around

2 – Yes, maybe, or I don't know

3 – Yes; I tend to over-think

- Describe your self-worth.

1 – I have high regard for myself

2 – I think I'm okay; however, I can be better

3 – I rely on compliments

4 – I believe no one's interested in me

- Describe how you feel about your overall reputation.

1 – I'm confident in my character; I respect other people's opinions

2 – I'm confident in my character; however, I always prefer to hear about other people's opinions

3 – I'll always seek to convince others to think of me well

4 – When someone speaks negatively about me, I will lose it

- Do you think you have social anxiety?

- 1 – Sometimes; however, I can handle myself
- 2 – Yes, maybe, or I don't know
- 3 – Yes; I dislike approaching unfamiliar situations

Level I score: ____ (maximum of 24)

Level II: Physical Signs

- How much sleep do you usually get in a day?
 - 1 – 8-10 hours
 - 2 – 7 hours
 - 3 – 5-6 hours
 - 4 – 4 hours or less. I also take power naps; I sleep whenever possible

- Do you experience nausea, dizziness, an upset stomach, or any inconvenient feeling?
 - 1 – Sometimes; I feel inconvenient when I'm sick
 - 2 – Sometimes; I feel inconvenient when exposed to unfamiliar situations
 - 3 – Yes; I feel inconvenient when I worry too much
 - 4 – Yes; I feel inconvenient virtually all the time

- Describe your lifestyle.

1 – I live a balanced lifestyle

2 – I think I live a balanced lifestyle; however, sometimes, I feel tired

3 – I get time for work, play, and relaxation, but I feel over-worked

4 – I'm over-worked; having a day-off is impossible with my load of responsibilities

- How much exercise do you regularly get?

1 – 2-3 times per week

2 – Once a week

3 – Once a month

4 – None; I don't have time

- Do you have any physical injury or illness?

1 – Yes; however, my condition will become better

2 – Yes, maybe, or I don't know

3 – Yes; I'm afraid of possible exacerbation

4 – Yes; I'm afraid because of my chronic medical condition

Level II score: ____ (maximum of 20)

Level III: The Idea of Changing Habits

- Are you afraid of something that you encounter every day?

1 – Sometimes; I can encounter unfamiliar situations

2 – Yes; however, I've accepted that my stressor is an integral part of daily life

3 – Yes; I'm not sure how to react

4 – Yes; I'm constantly finding ways to eliminate it

- Are you satisfied with where you are in life?

1 – Yes; I'm glad I've made the right decisions

2 – Yes; however, I could experience greener pastures

3 – No; I wish I lived somebody else's life

4 – No; I dislike my accomplishments and my life

- How do you feel about confrontations?

1 – Confrontations are fine

2 – Confrontations make me feel uneasy, but I'd rather have someone confront me than have him disagree with me behind my back

3 – Confrontations are inconvenient; people should keep their opinions to themselves

4 – I hate confrontations; I will go out of my way to avoid them

- Is there someone or something you dislike?

1 – Sometimes; I can encounter someone or something I dislike

2 – Yes; however, I can get over my dislike eventually

3 – Yes; however, I keep my angst to myself

4 – Yes; I need them to go away

- Describe your home environment.

1 – It's harmonious

2 – Sometimes, it's harmonious; other times, it's not

3 – I dislike the people I live with; however, I keep my angst to myself

4 – I wish I could live somewhere else

- Describe your work environment.

1 – It's harmonious

2 – Sometimes, it's harmonious; other times, it's not

3 – I dislike the people I work with; however, I keep my angst to myself

4 – I wish I could work somewhere else

- Describe your personal relationships.

1 – I love my peers; I'll go out of my way to keep in touch

2 – I like my peers; they may have unattractive traits

3 – I dislike my peers; however, I keep my angst to myself

4 – I hate people

- Do you get sufficient relaxation time?
 - 1 – Yes
 - 2 – Sometimes
 - 3 – No; however, the blame is on my poor time management skills
 - 4 – No; why are circumstances unfair?

Level III score: ____ (maximum of 32)

Result & Interpretation

1-20 points: Hardly stressed

You're okay. Stress can come, but your mental performance remains unaffected. You may experience being in unexpected and unfamiliar situations occasionally, but you know how to handle yourself.

You tend to have a bright and sunny attitude towards life. Although matters can disappoint you once in a while, you know better than to adopt an ill-natured character.

21–35 points: Manageable stress

You're stressed, but you've got matters under control. You're in the safe zone. You know how to approach situations, so they won't aggravate you.

It's a good thing that your stress and anxiety levels are manageable. You're not easily aggravated. So long as you rest from time to time, you'll be fine.

36-50 points: Frustrated and stressed

You're stressed, and you're frustrated about it. You pretend as if they're non-existent. You feel as if there's a solution to your situation, but you refuse to implement it. For you, the idea of working on your problems would only create additional stress.

Since you know that you can't exempt yourself from particular stressors in your life (e.g. work, school, personal relationships, etc.), acceptance is your go-to ally. You take them as they can, and you keep crossing your fingers that they won't overwhelm you.

51-76 points: Alarming stress and anxiety

You're extremely stressed. You're devoid of clear and rationale thinking, and would be aggravated by minor stressors. Consequently, you become strong-willed, and a bit mean-spirited.

At the rate you're going, it's advisable to take a vacation. Spend time to relax and erase negative thinking. Simply forget about your problems. Restoring an optimistic attitude can take a while, but it's possible.

Coping with the Result

How stressed and anxious are you according to the test?

If you're dealing with stress and anxiety, remember to take a breather. Take a moment to ponder on your life. Make sure that you're eating, sleeping, and living right. Assess the condition of your home and work environment. Come to terms with the factors that make you feel uneasy. Consider

accepting their nature. You also have the option to figure out a means to eliminate them from your life.

Don't forget to be kind to yourself. Make yourself a priority. Cut yourself some slack, and consider letting go of all the negativity. Learn to walk away from stressful situations, as well as from situations that threaten your peace of mind. Try not to see the rest of the world as your enemy. Nobody's against you. If you look at matters from a fresh perspective, you'd be surprised at how the world values you.

In the event that you're the one dealing with those who are suffering from stress and anxiety, remember to always be gentle. Oftentimes, they can get overwhelmed – for reasons that you can't understand. In such a case, try not to provoke them. Kindly let them be and make them feel that you're a friend.

Moreover, avoid being objective for a while. Forget about confrontations of sorts. For them, it's hardly a matter of right or wrong. Do your best to step down and let them have their way. Given enough time, they'll come around, and trust you enough to show you their amazing side.

Additional Resources:

<http://www.livingabrightlifenow.com/resources/>

WHEN IT'S THE DARKEST,
REMEMBER
THE SUN IS GOING TO
COME UP



Breathe